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this week in bella

Star heads back to small screen with comedy series

Dawn's new show!

With TV shows like *French & Saunders* and *The Vicar of Dibley*, Dawn French is no stranger to leaving her mark on BBC comedy, and now the actor and comedian is starring in an exciting new laugh-out-loud series for the channel called *Can You Keep a Secret?*, alongside Mark Heap, Craig Roberts and Mandip Gill.

Production on the upcoming six-parter kicked off this month in the West Country, with the action centring on retired couple Debbie and William Fendon (Dawn and Mark) as they make the outlandish decision to claim life insurance when one of them is mistakenly declared to have died. To complicate matters, their son Harry (Craig) is easily frazzled, and his pragmatic wife Neha (Mandip) is the local police officer…

Dawn joked, 'At last... a sitcom where I can keep my top on... mostly.' 'Excellent premise, tremendous cast, look forward to watching it!' one TV lover wrote, as another enthused, 'Thank God, some comedy coming!'

Dawn, 68, has veered away from small-screen acting in recent years, instead focusing on judging TV competitions (*Walk the Line* in 2021), one-woman touring (*Dawn French is a Huge Tw*t* in 2022), as well as putting pen to paper for her memoir *The Tw*t Files* in 2023.

She was last seen on screen in the one-off documentary, *Imagine... French & Saunders: Pointed, Bitchy, Bitter* in 2023.

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Celeb news & gossip

6 COVER STORY **Abby Cohen on Ben and Kristina's split, plus lots more celeb gossip**
8 COVER STORY **King Charles 'angry and upset' over Harry and Meghan**
10 COVER STORY **Natalie Cassidy exclusive: 'It was the right time to leave *EastEnders*'**
12 Happy 60th birthday to Sarah Jessica Parker!
50 COVER STORY **Stacey and Joe talk about letting cameras into their home and plans for another baby**
58 Nepo models

Real life reads

16 COVER STORY **Mother of murdered Brianna: 'There's a massive hole in my heart'**
18 COVER STORY **'I lost 15st then had an unexpected baby!'**
42 'How I escaped death – twice'

Look & feel good

4 Sunshine A-listers
21 COVER STORY **Spring jackets from just £17**
25 Animal-print accessories
26 Keep your skin clean and clear from head to toe
29 Perfumes for spring
30 COVER STORY **7 ways to lose weight without going to the gym**
35 Celeb fridge: Nadiya Hussain

Lifestyle

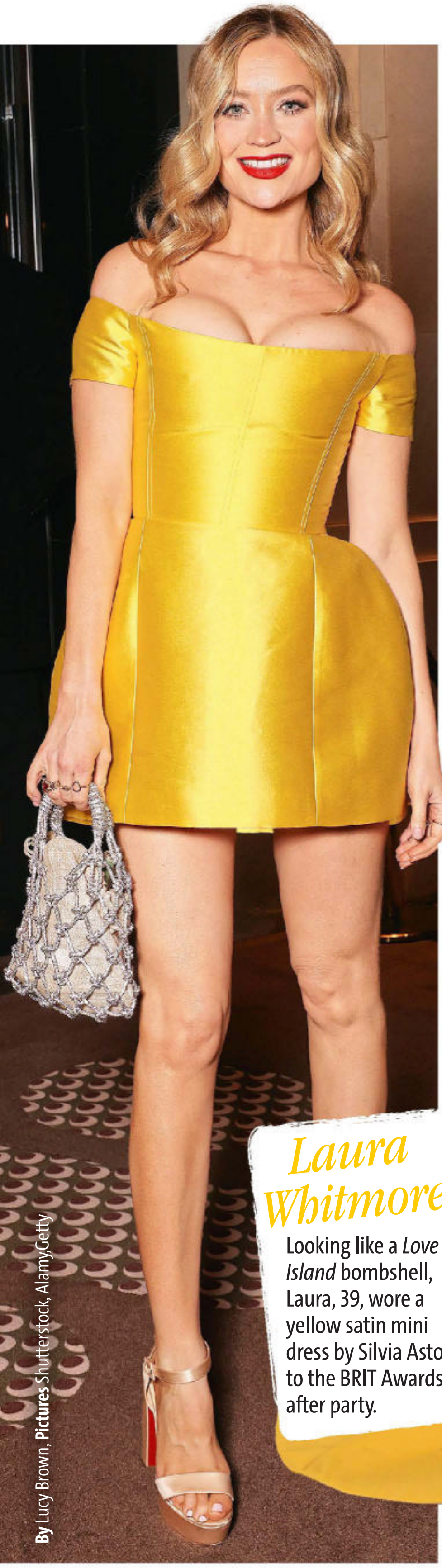
32 COVER STORY **Cookery: cookies for Mother's Day**
36 Better health: sleep like a caveman
38 Home trends: lavender haze
46 Travel: blissful Boulogne

Don't miss

15 Bella debate: is it mean to holiday without your kids?
41 Have your say
44 Kate Medlin offers advice
45 Horoscopes
48 TV gossip, films, books and more
52 Prize puzzles and fun quizzes

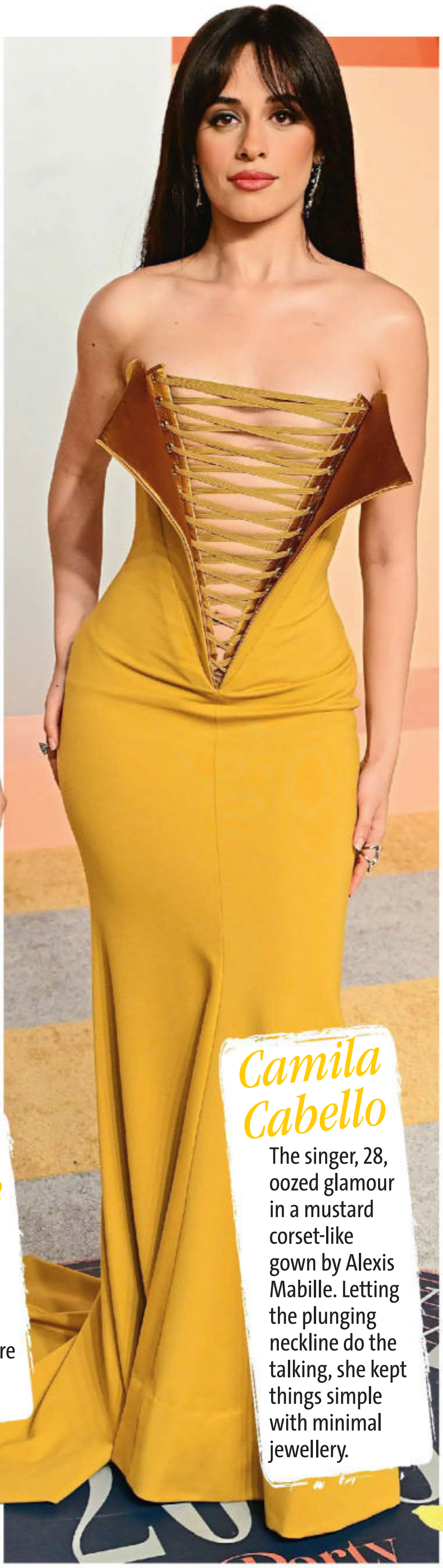
By Millie Payne **Pictures** BBC/Big Talk Studios/Alistair Heap **Cover pictures** Alamy, Shutterstock, Getty, ITV

Sunshine s



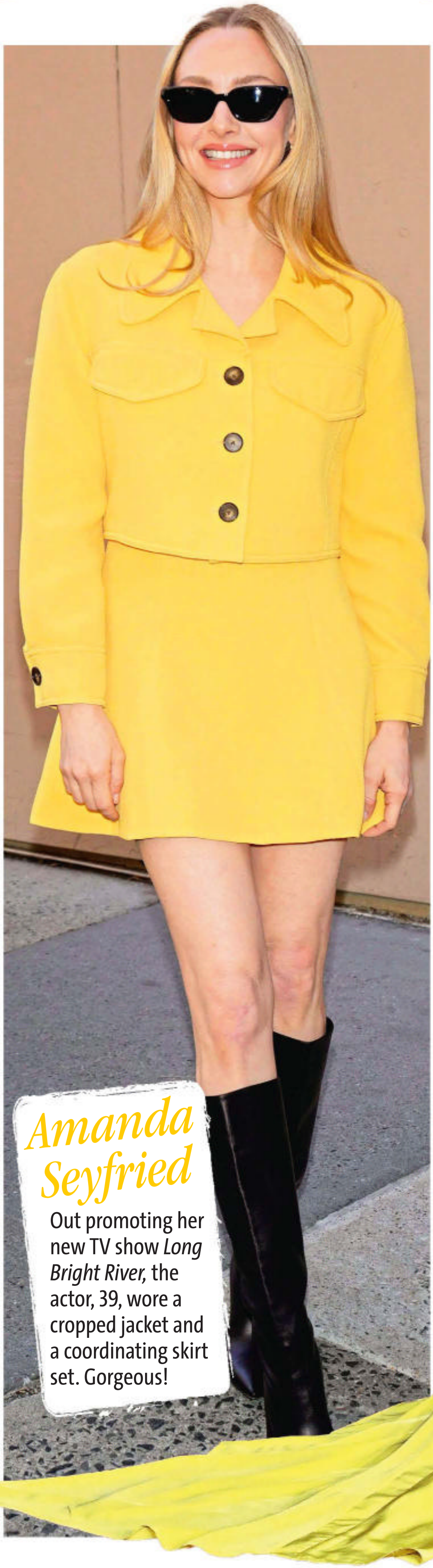
Laura Whitmore

Looking like a *Love Island* bombshell, Laura, 39, wore a yellow satin mini dress by Silvia Astore to the BRIT Awards after party.



Camila Cabello

The singer, 28, oozed glamour in a mustard corset-like gown by Alexis Mabille. Letting the plunging neckline do the talking, she kept things simple with minimal jewellery.



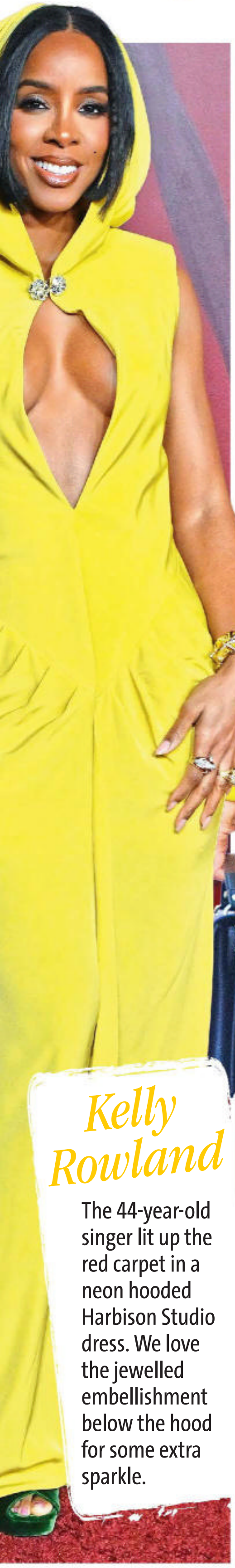
Amanda Seyfried

Out promoting her new TV show *Long Bright River*, the actor, 39, wore a cropped jacket and a coordinating skirt set. Gorgeous!

By Lucy Brown, **Pictures** Shutterstock, Alamy/Getty

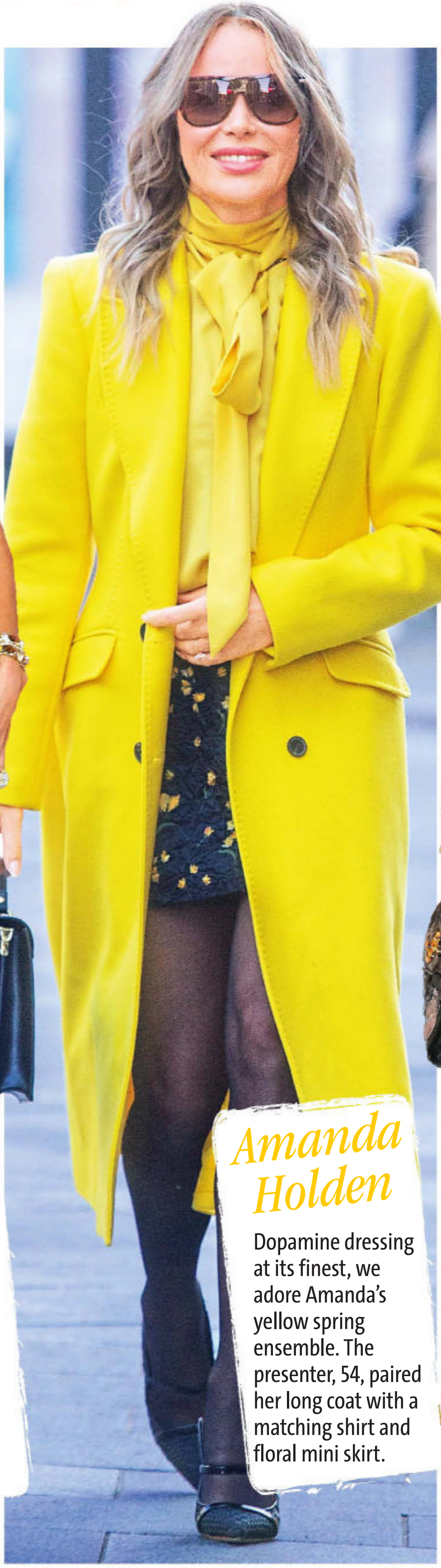
hade

The stars are embracing this season's yellow trend



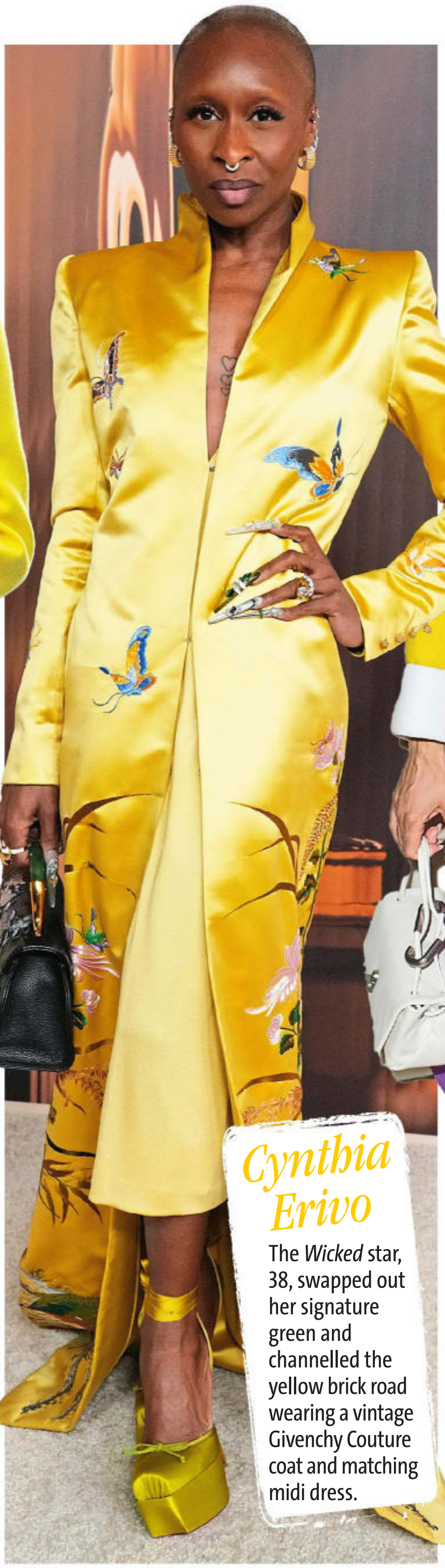
Kelly Rowland

The 44-year-old singer lit up the red carpet in a neon hooded Harbison Studio dress. We love the jewelled embellishment below the hood for some extra sparkle.



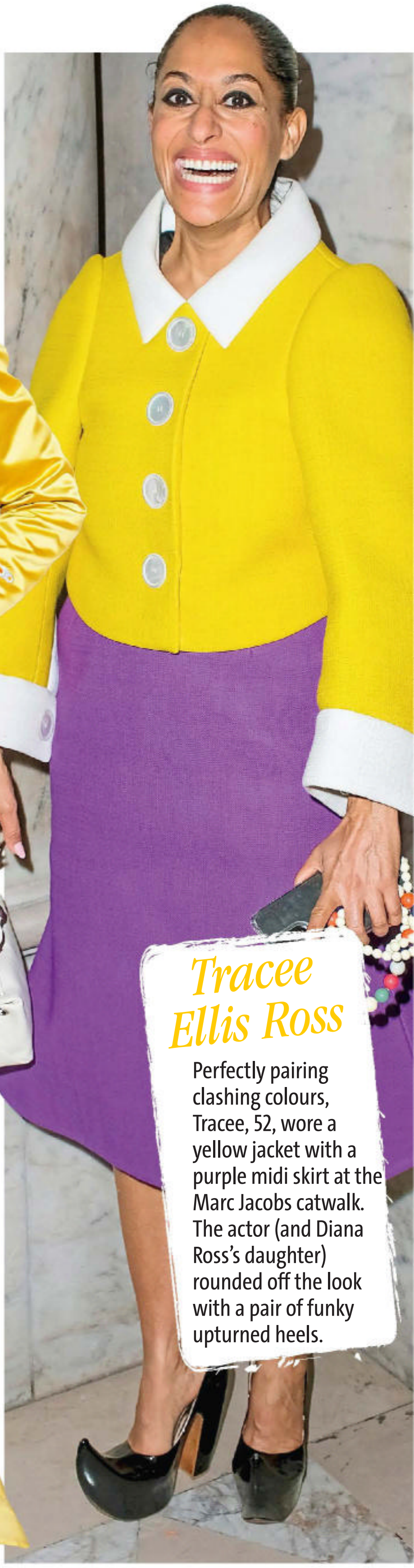
Amanda Holden

Dopamine dressing at its finest, we adore Amanda's yellow spring ensemble. The presenter, 54, paired her long coat with a matching shirt and floral mini skirt.



Cynthia Erivo

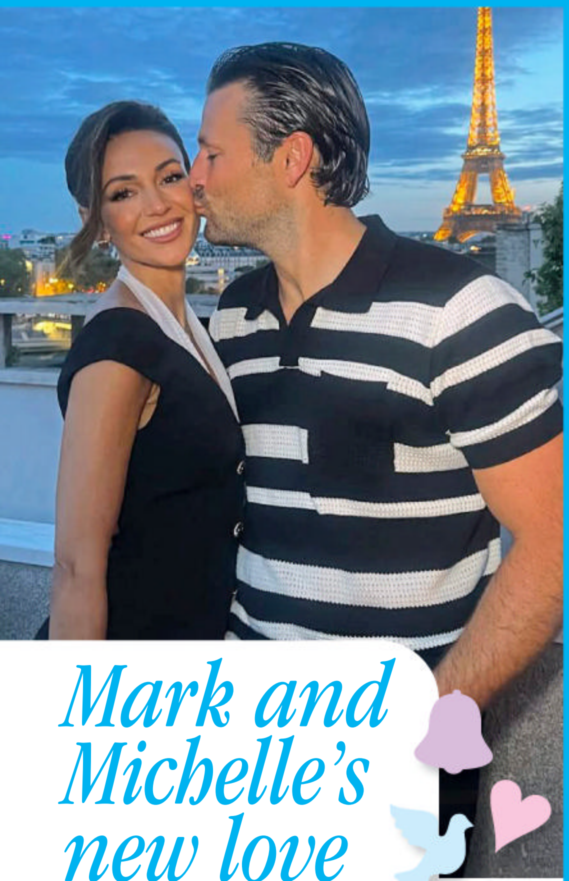
The *Wicked* star, 38, swapped out her signature green and channelled the yellow brick road wearing a vintage Givenchy Couture coat and matching midi dress.



Tracee Ellis Ross

Perfectly pairing clashing colours, Tracee, 52, wore a yellow jacket with a purple midi skirt at the Marc Jacobs catwalk. The actor (and Diana Ross's daughter) rounded off the look with a pair of funky upturned heels.

CELEB NEWS & GOSSIP



Mark and Michelle's new love

Following the birth of his little girl, Mark Wright has gushed about fatherhood. The former *TOWIE* star, 38 – who welcomed daughter Palma Elizabeth with ex-*Corrie* actor Michelle Keegan, 37 – opened up about being a first-time dad on his radio show last week.

An emotional Mark said, 'It's the best feeling in the world. I wake up every morning just so excited to see her face. It's made me realise what life is all about, and my little baby Palma, I love you so much and I can't wait to spend the rest of my life with you.'

Mark also took the time to praise *Fool Me Once* star Michelle, who he married back in 2015, as well as his own mother, fellow former *TOWIE* alumni Carol Wright. He shared, 'Hats go off to my wife. She is an absolute super human, a superhero for bringing this baby into the world. It makes you realise what our mums did for us.'

Abby on Ben's split: 'It's come full circle'

Strictly curse victim Abby has addressed her ex-husband's split from Kristina

Just days after Ben Cohen and Kristina Rihanoff announced their split, things have taken a turn – with Ben's ex-wife Abby Cohen speaking out, over a decade after falling victim to the *Strictly* curse.

When Ben, 46, appeared on the BBC dance show back in 2013, the rugby player had been married to childhood sweetheart Abby for 13 years – sharing twins Harriette and Isabelle, now 17. However, Ben soon fell for his dance partner Kristina, 47. Denying anything happened while on *Strictly,* Ben and Kristina got together soon after – welcoming daughter Milena, eight, in 2016, before getting engaged in 2022. However, it was revealed last week that the couple were splitting amid reports of financial troubles, allegedly owing £1 million. Now, photographer Abby has opened up in a rare interview – claiming Ben and Kristina's split was far from a shock.

Reacting to the news, Abby said, 'It's come full circle now that they have split. It reminds me of all the hurt I went through. Was it really worth it? I don't know.' Adding that she believes in karma, Abby – who suffers from PTSD following the traumatic break-up and has also fought bowel cancer – continued, 'I think that what goes around comes around, doesn't it?'

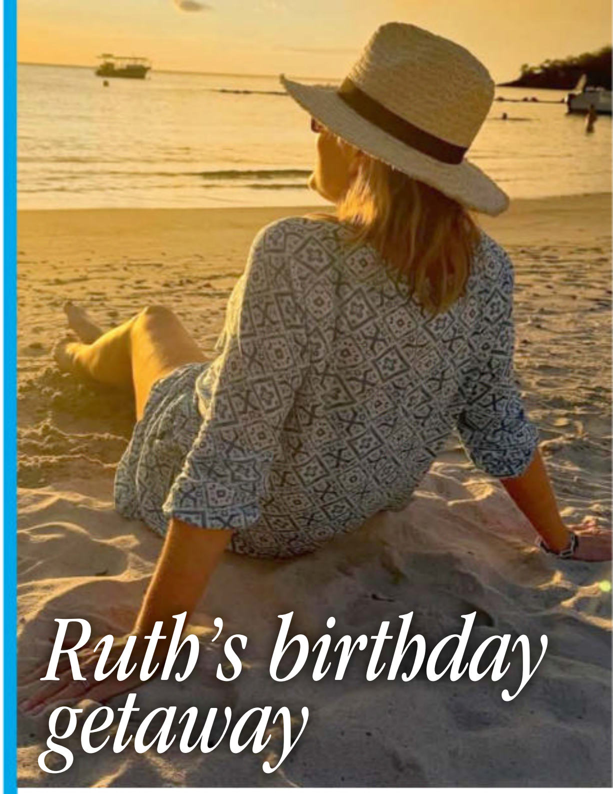
The photographer, who has since found love with her partner David, also shared, 'To be successful and have longevity, relationships have to be built on strong foundations. How they met is not, in my opinion, a solid foundation, because it's all about lust. It's a physical thing.'

A PUBLIC APOLOGY

Danny Jones has publicly apologised to his wife, amid rumours she has moved out of their family home. Earlier this month, the McFly rocker – who has been married to Georgia Horsley, 38, since 2014 – was spotted sharing a drunken kiss with his *I'm A Celeb* campmate Maura Higgins, 34, at a Brits after party. Danny wrote on Instagram, 'I want to deeply apologise to my wife and family for putting them in this situation. I love them so much and we'll continue to deal with this privately.' He thanked fans for their 'patience, understanding and support'.

However, reports have now surfaced that former Miss England star Georgia – who shares son Cooper, seven, with Danny – has moved in with a friend.

Ruth's birthday getaway



Ruth Langsford has celebrated her 65th birthday this week, marking her first as a single woman following her split from ex-husband Eamonn Holmes.

The *Loose Women* star jetted off on a relaxing holiday. Posting a gorgeous snap of her soaking up the sunset on a gorgeous beach, she wrote, 'So this is 65… Thank you for all your lovely birthday messages.'

Among the many famous faces sending their love was close pal Vanessa Feltz, who shared, 'Can't wait to party to the max!' *I Kissed a Boy* host Dannii Minogue added, 'Happy birthday. What a stunning photo. Enjoy and cheers to you!' And a happy birthday from us too, Ruth!

Cheryl's stalker hell

A man has been jailed for 16 weeks, after being found guilty of stalking Girls Aloud star Cheryl. Daniel Bannister, 50, broke his restraining order by turning up at the singer's home in December. Cheryl, 41 – who is mum to son Bear, seven, from her relationship with late One Direction star Liam Payne – said she 'immediately panicked' when spotting Bannister on security cameras. She also told officers that while Bear was not at home at the time, he was due back at any moment. Jailing Bannister again, the judge also replaced his existing three-year restraining order with a new one that will run indefinitely.

By Lottie Roberts, **Pictures** Shutterstock, Getty, Instagram

Love you, mum!

Family Time

Revealing that her Mother's Day tradition is to 'spend time as a family combined', *Loose Women* star Linda Robson, 67 – who is a proud grandmother to Betsy and Lila – shared, 'They always get me some flowers as well, so that's lovely.'

Generation of love

It's an extra special Mothering Sunday for Lorraine Kelly, 65, marking her first as a grandmother to baby Billie, six months. She gushed, 'We all cherish our first Mother's Day, and I'm sure it will be the same for [my daughter] Rosie.'

Alison's memories

Alison Hammond, 50, shares a close bond with son Aidan, 19 – just as she did with her own late mother. 'Mother's Day is all about love, whether your mum's here or watching over you,' she reminisced.

Exclusive

Char
by H

Harry and Meghan have been quiet about the royals for a while

Harry took aim at Camilla in his book

It's been clear for some time that relations between King Charles, Queen Camilla, his son Prince Harry and Meghan Markle have not been good. Now, despite Harry seeming to be keen to reconcile with his dad, it looks as if Charles is still hurting – and sources tell *Bella* that he can't even bear to read about his son and daughter-in-law in the newspapers as he finds it too emotional.

Every morning, King Charles, 76, and Queen Camilla, 77, are presented with the day's papers alongside their breakfast.

> 'It became extremely upsetting'

However, we are told that any potentially upsetting stories related to Harry and Meghan are deliberately covered up by staff. According to our source, aides cover up the offending articles with black sticky paper to prevent Charles and Camilla from seeing them, and being upset by them.

Instead, the King receives carefully curated briefings from his team. According to a well-placed source, the move aims to soften the blow of any critical comments that have been made by his son and daughter-in-law, which are often picked up and reported by the mainstream media in the UK.

'It got to the point where it became extremely upsetting for the King,' said the source. 'The decision was made to cover the continued onslaught of negative stories from the Sussexes about the royal family and a brief would be provided instead.'

According to the insider, the monarch now receives a more measured summary from his press secretary following the morning papers, ensuring he is still informed without being

les ‘devastated’ arry and Meghan

The King is said to be so upset that he’s taken measures to mitigate his pain

The pair have had to deal with a lot

directly exposed to the most inflammatory coverage.

The source adds that the Harry and Meghan blackout began well before King Charles and the Princess of Wales were diagnosed with cancer last year. A scaled down version of the plan was implemented shortly after Harry and Meghan’s explosive interview with Oprah Winfrey in March 2021, during which they made allegations of racism within the royal family. Prince William denied the family was racist to a journalist soon after.

‘The Oprah interview was the straw that broke the camel’s back as it were,’ said the source. ‘To say the King was angry, upset and devastated was an understatement. Emergency meetings were called in the Palace and discussions were held about the best way to handle the situation.’

However, the source adds that the situation reached fever pitch, and what warranted redacting stories with black sticky paper was when Prince Harry released his autobiography *Spare* in 2023 and heavily criticised his ‘wicked stepmother’ Camilla.

‘When Harry took aim at Camilla and other members of the family is when the situation reached a head,’ said the source. ‘The King couldn’t believe what was happening and just didn’t want to be subjected to it any more. Therefore, the decision was made to blacken out specific stories that could cause upset and a more measured brief was provided instead.’

‘The King couldn’t believe it’

The source adds that Prince Harry and Meghan Markle may not even be aware of the move by Palace aides, especially as they continued to make negative comments well into 2024.

‘The missiles from across the pond were coming thick and fast,’ said the source. ‘There was just no respite, so a decision was made to ignore it, avoid response and in a sense, cut them off. The strategy worked as the Sussexes soon exhausted all avenues and here we are today.’

The source concludes that there hasn’t been a need for any negative stories to be redacted for a while now, but that the move will be reinstated if the Sussexes once again take aim at the family.

‘It’s been quiet for a while now and everyone hopes it will remain that way,’ concludes the source.

However, Charles will have likely been interested at least to hear last week that Harry was subject to the bombshell reveal of his visa documents. Anticipation was high ahead of the news as journalists were keen to know if he had mentioned his drug taking in them, as he did in *Spare* and his Netflix documentary.

In the end, while the document was released, it was heavily covered-up, meaning little information could be determined – no doubt a relief to Prince Harry and his team.

As *Bella* recently revealed, Meghan and Harry are hoping to return to the UK this summer. They have a crucial court case scheduled in their ongoing security discussions with the UK’s Home Office in London next month. If they are satisfied with the outcome, the plan is for them to spend more time in Britain and Europe with their children Archie, five, and Lilibet, three, and hopefully spend more time with family members here.

Watch this space.

With children Archie and Lilibet

By Nathan Kay, **Pictures** Getty, Imago

Exclusive

'It was the right time to leave EastEnders'

Actor Natalie Cassidy on soaps, siestas and her new TV show

Growing up on our screens as trumpet-loving Sonia Jackson in *EastEnders* has turned Natalie Cassidy into one of the country's best-loved TV stars. Over the past three decades, the 41-year-old actor has become a household favourite, whether she's singing her heart out as Bush on *The Masked Singer*, running the London Marathon in honour of her late co-star Barbara Windsor or opening up about her weight struggles. As she leaves the long-running soap where she made her name after 32 years, Nat is looking forward to spending more time with her fiancé Marc Humphreys – who she has been with for 10 years – and her children, eight-year-old daughter Joanie, plus Eliza, 14, from her previous relationship with Adam Cottrell.

> 'We need siestas in the UK'

Natalie talks to us about what's coming up for her and balancing work and family.

As her Walford alter-ego Sonia

What's your secret to success?

I think we underestimate sleep. It's a shame we don't have siestas in this country, we should introduce them to help us get more sleep.

Are you good at managing the juggle of home and work life?

It's hard. I'm not sure whether it's keeping the plates spinning in the air or putting out fires! You feel guilty about not spending more time at home but you need to take the opportunities when they come along to earn money.

It's hard though...

You have to accept that not every bit of your life can be perfect all the time. Any time I do have off,

With her family

Testing out an ice bath

I'm at home with my partner Marc and the kids. I've only got a handful of friends: real friends who know they will see me when I am less busy and won't get grumpy and make comments at not having seen me in a while!

We couldn't believe that you're leaving *EastEnders*!

I left because I felt the time was right to do so. I was ready for a change, after 32 years. I adore *EastEnders* but you can't do everything. And *EastEnders* is a factory with 60 cast members and 300 staff so they can't cater for someone who says, 'By the way, I need two months off to do this, I need another three months off to do this.' It's not fair. It had to be a clean break so I could focus on other projects and spend time with my family, which I haven't been doing enough of in recent months.

Are you enjoying new projects?

Even during *EastEnders* I always consciously branched out because a change is as good as a rest, and I think it's important to come out of your comfort zone. I think you can get too comfortable; you need to keep things fresh!

What else do you want to try?

Going forward, I would love to do the Channel 4 game show *Taskmaster*, I'd love to be a part of it! I keep dropping hints but it hasn't happened yet. I so hope it does – it's a fantastic programme and it's huge on my bucket list!

What was the inspiration behind your new show?

I bought a pair of gold slippers online for £80 which, when they arrived, were rubbish. They looked awful and I hated them. I didn't think long enough about buying the product before I clicked! Like everyone, I get sucked into things, which happens a lot around Christmas. *What's The Big Deal* is designed to prevent those purchases and make people think a bit harder before they buy, in a cost-of-living crisis and when it is so easy to click and buy these days. We think it's an important programme.

Nat took part in the London Marathon

NAT
Virgin money
26368
new balance

Have you bought anything after testing the products?

A vegetable chopper which, as a left-hander, I found really easy to use. As somebody who's the joke of the family when it comes to chopping things, it has prevented me from chopping my hand off! I've also considered buying an LED face mask to hydrate my face. I went to a clinic, spoke to a doctor and had my face scanned. People buying these products aren't getting the chance to do that and I can hopefully prevent them from buying versions that don't do the job and give false hope. I've also tested out a machine that told me about my body fat, the results of which weren't entirely positive but was brilliant to do and really important. The outcome is, I'm falling apart!

> 'I'd love to be a part of it!'

How was your first time presenting?

I found the presenting came quite naturally to me. Whether I am any good at it is another matter! I do feel an element of responsibility. We're not saying this product is rubbish or if it is brilliant, it's more about, 'Let's have a think before we click online at 3am and end up with something we really don't want.' It's about making sure we've really thought our purchases through.

● *What's The Big Deal? airs on Channel 4 from 4 April*

By Tim Oglethorpe, **Pictures:** Channel 4

Happy 60

Early years

Born in Nelsonville, Ohio, to teacher Barbara and entrepreneur-journalist Stephen, Sarah Jessica Parker is one of eight children. From a young age, she was interested in the arts. Her first role was performing alongside her siblings in a local production of *The Sound Of Music*, leading to parts in *The Innocents* on Broadway, before winning the lead role in the musical *Annie* in 1979.

Stage to screen

After a year on *Annie*, SJP got her first big break when she was offered the lead role in TV sitcom *Square Pegs* in 1982. While the show only lasted one series, her portrayal of shy and awkward teen Patty – alongside Amy Linker as her best friend Lauren – marked the actor as an aspiring star. 'I loved Patty Green,' she said.

Marriage and motherhood

After dating for six years, SJP and Matthew, 62, married in Manhattan in May 1997. His sister officiated their nuptials, with the bride wearing a black gown, which she said is her big regret. Their son James was born on 28 October 2002, followed by twin daughters Marion and Tabitha on 22 June 2009. 27 years on, the couple are still in love. 'I'm incredibly fond of him still,' she said.

Carrie chronicles

In 1998, SJP landed the role for which she's become most famous – Carrie Bradshaw in *Sex And The City*. The portrayal of the New York columnist across six series and three films has won her three Golden Globes, a SAG award and two Emmy gongs. 'I love Carrie. She's a bit of a wreck but she's a romantic... and she makes fantastic mistakes. I just thought it was an interesting part.'

By Shereen Low, **Pictures**: Getty, Imago, Sky, Warner Bros

Fame in film

Her TV roles led to SJP, then 18, heading to the big screen as she made her film debut in *Footloose* in 1984 – but it nearly didn't happen. 'They wanted me to cut my hair off and dye it red because the character's name was Rusty... I couldn't imagine cutting my hair off and dying it red again [after *Annie*], so I passed,' she said. This was followed by *Firstborn* (1984) and *Girls Just Want To Have Fun* (1985).

Young love

SJP and Robert Downey Jr started dating after they met on the set of *Firstborn* and moved to LA together. Their romance lasted seven years, until 1991. She admitted his public struggle with addiction affected their relationship. 'I had given him stability and tried to create a steady heartbeat that allowed him to show up on time. That made me angry and embarrassed,' she said. She also dated John F Kennedy Jr briefly.

Hollywood calling

Following her split from Robert, she threw herself into work and roles in major Tinseltown films beckoned, including *Honeymoon In Vegas* (1992), *Hocus Pocus* (pictured above, 1993), *Mars Attacks!* (1996) and *The First Wives Club* (1996). She also starred in the off-Broadway play *Sylvia* alongside Matthew Broderick, who would become her husband.

th SJP!

As actor Sarah Jessica Parker celebrates her big birthday, we look back on her incredible life

Fashion icon

As Carrie, SJP showcased her own style with some iconic looks on and off screen. 'If I could give any advice, especially to young women, it would be to just be yourself,' the star said. 'I wish that everybody would feel the confidence to really be themselves. The greatest lesson is to not try so hard to look like everybody else.'

West End first

Sarah and Matthew starred together in the revival of *Plaza Suite* on Broadway in 2020, which transferred to London in 2024. It marked her West End debut. 'It's a professional highlight personally for me... To get to be on stage with him – he's my North Star – is incredible,' she said about working with her husband.

60 and beyond

As she heads into a new decade on 25 March, SJP is feeling a new level of assurance and confidence. 'With age and experience, you feel more certain about your place in the world,' she said. She's not fazed about ageing either. 'It is what it is. I'm not delusional. I know that age adds up, and that there are consequences to being 51, 52, 53. I get it.'

“If I’d not had the scan, I’d never have known.”

Stephanie, Hull

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A mum who booked a two-week getaway with her husband has received backlash by social media users for leaving her three kids at home with their grandparents. *So we ask...*

Is it mean to holiday without your kids?

No

'I'm more patient with them'

Kat Storr, 40, journalist

Mean? I'd say going on holiday without your kids is kind! Relaxing properly without having to worry about all of the responsibilities of being a parent is so valuable.

I have three children, one aged eight and twins who are six, and we've been on some holidays, which have been disastrous. You can put so much pressure on making holidays special and memorable but so often being away is a case of same s***, different place. I've come back from family holidays with tonsillitis, no sleep and a ridiculous amount of laundry.

Even just a day or two away makes me a more patient and loving mum when I'm back home. I'm going to Mexico for a week with 10 of my university friends to celebrate our 40th birthdays in May. We've saved up for the trip for seven years. We have around 20 children between us and we're all so excited about being away together, with proper time to relax, chat and sleep.

It's important to me that the boys see me as an individual who has friends and interests of her own, and for them to know that they will be fine without me for a few days. I know I'm going to miss them while I'm away but the reunion will be amazing.

We have some family getaways planned for later in the year. I know that, having been lucky enough to go on holiday without them, I will be a much more relaxed and fun mum on holiday with them.

Yes

'It would break the kids' hearts'

Katy Moon, 44, freelance writer

A friend of mine and her other half recently booked a two-week holiday to Thailand, leaving their three kids who are under seven with her mum, who is in her 70s. I get it, she wanted a romantic break. But I couldn't shake the feeling it was selfish.

I'd never dream of jetting off with my husband, Rob, and leaving our kids, Hector, six, and Margot, four, behind with their grandparents.

Like many, we're on a budget, so going away on our own would mean we'd have to sacrifice our yearly family holiday. We couldn't afford to do both. It would break the kids' hearts as it's the highlight of their year. Even if we were minted, it wouldn't be fair to palm our little ones off on our pensioner parents.

When we got married in 2022, the kids came on honeymoon with us to a fancy hotel in Cornwall. There was a childminding service, so we had meals on our own, spa treatments and lazed in bed. Best of both worlds.

The truth is, I'd miss our kiddos if we went away without them. This time is precious and won't last forever. Before long they'll be ditching us for holidays with their mates!

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By Paula Costas **Pictures** Shutterstock

Brianna's mum: 'I have a massive hole in my heart'

In February 2023, 16-year-old Brianna Ghey was tragically murdered by her peers. Now, her mother Esther talks about how she'll keep her daughter's memory alive…

Esther

When Esther Ghey received a text from her 16-year-old daughter Brianna in February 2023, saying that she was on the bus by herself for the first time, Esther was chuffed and replied to let her know how proud she was. But the message never showed any blue ticks, and so Esther has no idea if her daughter ever saw it. Soon after, Brianna, who was transgender, was brutally murdered in Warrington by her friend, 15-year-old Scarlett Jenkinson, and a boy she had never met, Eddie Ratcliffe.

Now, two years on, Esther is turning her trauma into something transformative and is campaigning for real change to reduce violent crime in schools and improve the mental health of young people.

Vigils were held for Brianna all over the country

In the powerful and moving documentary *Brianna: A Mother's Story*, Esther, 38, says, 'I think we can make society a better place if we listen to how Brianna's life was and what we can do better.' When Brianna was little, she was a bundle of energy and would 'run around with no fear'. But it was when she entered her teens that she began retreating into herself. Esther says, 'When Brianna started secondary school, she was distant and her behaviour became disruptive.'

Brianna was being bullied, so in February 2020, she transferred schools to Birchwood High School. Then during lockdown, Brianna started growing her hair and before she went back to school, in September 2020, she came out to her mum as transgender [from male to female]. Brianna was glad of her mum's support, telling her friend Lucie that she 'couldn't be Brianna without Esther'. Esther says, 'She really took it all in her stride and she was really happy to have transitioned. Brianna's world was completely girlie – everything she owned was pink or fluffy.'

Brianna had loved to dance around in the kitchen with her friends, but she became lonely and isolated, choosing to spend a lot of time in her room on her phone. 'I was so concerned who Brianna was speaking to online,' Esther says. 'But she put in her own passwords and told me I could never have access.' Brianna was consuming content about restrictive eating and self-harm and ended up in hospital with an eating disorder.

'Being hospitalised helped her a little bit because she couldn't access social media and was able to be herself,' Esther says. When she was well enough, Brianna returned to school and, in November 2022, met a new pupil, Scarlett Jenkinson. With her new friendship, Brianna seemed happier. 'She was gaining weight and smiling,' Esther says.

On 11 February 2023, Brianna got on the bus to meet Scarlett in Culcheth Linear Park. Brianna had never been on a bus before, and she texted her family and friends to say she was feeling anxious. 'I remember thinking how much of a big step it was,' Esther says. 'Kind of like her re-entering society. I didn't have any concerns,

Brianna

I trusted she was going to meet her friend.'

Esther, and Brianna's stepdad, Wes, started getting concerned that they hadn't heard from Brianna for a while. 'I tried to call her, but her phone was off, so we walked to our local park, where there were a whole host of police cars, so we headed home, joking to ourselves we hoped it wasn't because of Brianna,' Esther explains. But when they turned the corner, they saw two policemen stood outside their door. 'Our stomachs just dropped,' Esther recalls. 'The police officer told us they'd found a body, and my first thought was, "I knew this was going to happen."'

Tragically, Brianna had been stabbed 28 times, and died in broad daylight in the park, where she was found by two dog walkers. Paramedics worked frantically to try and save her, but Brianna was pronounced dead at the scene. Officers and investigators stated it was one of the most horrendous murder scenes they had ever attended. As Brianna's family and friends, who found out online, attempted to grapple with this devastating news, police were on a manhunt to try to find Brianna's killers. Eyewitnesses had seen two young individuals making their escape, and combined with sufficient evidence, just 28 hours after Brianna's murder, Scarlett Jenkinson and her friend Eddie Ratcliffe were arrested for the killing. Esther says, 'I didn't want to believe that it was Scarlett, because she was a friend who Brianna obviously trusted, and I trusted. It felt like the worst possible betrayal.'

'She was really happy'

Brianna's death sent shockwaves through the LGBTQ+ community, who rallied to show their support at vigils all over the country. 'So many people mourning her death was a comfort to our family,' Esther says. At her funeral, Brianna was in a pink coffin adorned with pink roses in a horse-drawn carriage. Everyone wore pink to the funeral, in lieu of Brianna's favourite colour. 'The year after her death, we had so many pink skies and cherry blossoms, it felt like a sign from Brianna to say she was okay now,' says Esther.

During the trial in November 2023, Scarlett and Eddie sat playing with fidget toys and completing crossword puzzles, completely unaffected while the court read out the gruesome details of Brianna's murder. Esther says, 'I had to sit there and listen to everything because I felt I owed that to Brianna.'

The court heard how Scarlett and Eddie had been secretly text messaging for weeks about Scarlett's obsession with Brianna. Eddie expressed hatred for Brianna's trans identity and boasted about owning a hunting knife. Evidence revealed that Scarlett had a sadistic obsession with watching torture videos online and studying serial killers. A handwritten note revealed a detailed plan of Brianna's murder and the two had been having disturbing conversations about how to preserve Brianna's body parts after her death.

On 2 February 2024 at Manchester Crown Court, Scarlett Jenkinson, described by the judge as the 'driving force' behind the murder, was sentenced to life imprisonment, with a minimum of 22 years. Eddie Ratcliffe was also sentenced to life, with a minimum of 20 years. Justice Yip said Ratcliffe's motivation was in part hostility to Brianna's transgender identity. 'Throughout the trial, I felt like I was observing it happen to someone else's family, until the verdict,' Esther says. 'I don't think we will ever know their true motive. But there is so much harmful content and negative influences online that children have access to, and it needs to change.'

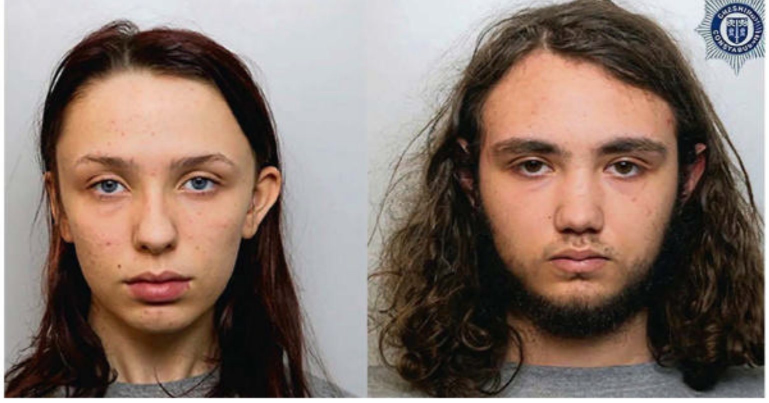
'It needs to change'

Esther is campaigning for more UK schools to adopt mindfulness, a practice that encourages calm, focus and emotional balance – and has been shown to reduce violence in young people. She's also putting pressure on heads of social media companies to add more strict regulations to harmful content.

'Social media companies have a moral responsibility to make sure our children are safe online,' Esther explains. 'No matter how much love and empathy you foster in your child, if they have access to hateful comments and harmful content online, that is going to impact them. I have a massive hole in my heart. But if I can make something positive out of what's happened to Brianna, then it keeps her memory alive.'

● *Brianna: A Mother's Story is out on Thursday 27 March at 9pm on ITV1 ITVX, STV & STV Player*

Scarlett Jenkinson and Eddie Ratcliffe



By Lena Blacker. **Pictures** ITV, Cheshire Police, Alamy

‘I lost 15st and gained a baby I didn’t know I was EXPECTING!’

Charlotte Wheeler-Smith, 36, had always dreamed of being a mum, but she never expected her lifestyle overhaul to lead her to happiness, twice over

BEFORE
27st
Size 32

She knew something had to change

As the clocks turned midnight, I watched fireworks erupt in the sky with a sinking feeling.

Unlike everyone around me, I was far from excited about the new year ahead. Aged 27 and weighing 27 stone, I was desperate to lose weight but didn’t know where to start. I feared 2016 was going to be just like the year before had been, feeling helpless.

I’d battled with my weight since childhood, and things only got worse as I grew older. After years of unhealthy snacks and takeaways, I couldn’t even walk to the end of the road without fighting for breath. I worried about the future, and having irregular periods made me fear I’d never have the family I longed for.

But that New Year’s Eve was like a wake-up call for me. If I ever wanted to find Mr Right, I needed to love myself first.

That April, after a conversation with a friend, I finally took the leap and signed up to Slimming World. I swapped my fast-food binges for homemade meals and loved that I could still eat my favourite foods, like spaghetti Bolognese. My hard work paid off, and in the first week, I lost 8lb. I also joined the local gym and had personal training sessions twice a week.

After a year, I’d shed an incredible 10 stone and gained so much confidence. I decided to join Tinder, where I matched with a man called Dominic. On our first date he had me in stitches, but there was a catch – he lived in the Netherlands and was only in the UK for business. Luckily, a long-distanced relationship didn’t faze either of us, and knowing we had something special, we made it work. Every other weekend, either I’d fly over to the Netherlands or he’d come to London.

Our relationship blossomed, and with Dominic’s support, my weight-loss journey continued. Four years after joining Slimming World, I’d shed 15 stone, and for the first time ever, I was having regular periods. With my health back on track, my thoughts turned to the future. Dominic and I wanted to start a family, so when an opportunity arose to move to Amsterdam, I took it and in June 2020, I moved into Dominic’s flat. We couldn’t wait to start our new lives together.

Two weeks later, I was out on a run when I suddenly doubled over in pain. I’d been experiencing period-like pains for a few days, but now it had intensified. Back home, Dominic called a doctor, who diagnosed IBS. While I stayed home to rest, Dominic went out for

Unknowingly eight months pregnant with Evelyn

With Evelyn and Fred

AFTER
11st
Size 12

DIET BEFORE

BREAKFAST None
LUNCH Milky coffee, sandwich, crisps, cake
DINNER Chinese takeaway or McDonald's
SNACKS Crisps, chocolate

DIET AFTER

BREAKFAST Chicken and spinach omelette
LUNCH Chicken breast with veg
DINNER Thai green curry
SNACKS None

She's so much happier now

his run. But over the next hour, things got worse. I paced up and down the flat in agony until I needed to rush to the bathroom. I'd just sat down when a gush of water flew out of me – followed by an umbilical cord.

In shock, I called Dominic. 'I think I'm having a baby,' I told him. There had been no signs of pregnancy, and I didn't have a bump. I called the emergency services, and while the operator was sceptical, they agreed to send a non-urgent ambulance. My natural instincts took over, and I felt the urge to push just as Dominic burst through the door. He called the emergency services again, and this time they agreed to send an air ambulance. It was so surreal, but with Dominic by my side, I was strangely calm.

Moments later, a baby girl arrived with a head full of curly hair – but she was floppy and blue and didn't have a heartbeat. Using little finger movements, Dominic performed CPR as medics flooded into the room and hooked up our daughter to a machine. After what felt like an eternity, a faint heartbeat was heard. The relief was indescribable. I'd dreamed of having a baby for years, and now a little girl, who we later named Evelyn, had come out of nowhere! We were blue-lighted to hospital, where Evelyn was taken to intensive care and I was checked over.

Over the next six weeks we spent every waking moment in hospital with Evelyn or frantically getting baby bits for our little fighter. Evelyn had been born with no sucking reflex, so we spent hours teaching her take a bottle, and she was diagnosed with cerebral palsy. Thankfully, the charity Ronald McDonald House provided us with a place to stay down the road. In time our miracle girl was weaned off her medication, and we were able to take her home. As Evelyn went from strength to strength, we watched in awe.

Eight months after leaving hospital, we moved back to the UK to Stratford-upon-Avon. Evelyn was such a contented baby. I couldn't believe how blessed we were. In time, I returned to my fitness routine, getting down to 11 stone and a size 12.

In 2023, Dom and I flew to Amsterdam to stay in the flat for the first time since Evelyn was born. Once again, I sensed something wasn't right. I was on the Pill but took a pregnancy test, just in case. Although it was negative, I didn't quite believe it, so back home, I took several more.

None were positive but, unconvinced, I went to a private GP for a blood test. A few days later, I was in the car when the doctor called with my results. 'Can you pull over?' she said. Instantly, I assumed something was wrong. But in fact, I was six weeks pregnant. The doctor had never seen anything like it. I went for a scan as soon as possible, and thankfully, all looked OK. I had a smooth pregnancy, and when our son Fred was born via C-section on 3 January 2024, we were over the moon. He was perfect.

Evelyn, now four, loves being a big sister and she and Fred have a beautiful relationship. She struggles with mobility and balance, but that doesn't stop her. She loves tennis, which helps her coordination, and I'm determined to show her that anything is possible. To focus on Evelyn's additional needs, I quit my job in London and am now working as a celebrant. I love it, and the flexibility means I can work around my family.

I try to instil healthy habits in the kids and get them involved with cooking. Now that Evelyn is at school and Fred, one, is with a childminder, I have more time to focus on myself and get back into shape after my most recent pregnancy. I don't have a target as I'm more concerned with how I feel in myself than a number on the scale. My body has changed since having babies, and that's OK. If I hadn't overhauled my lifestyle, I might not have the two wonderful kids I do now.

● Follow Charlotte on Instagram *@Slimmingandthecity*

By Matt Barbour and Amber Connolly

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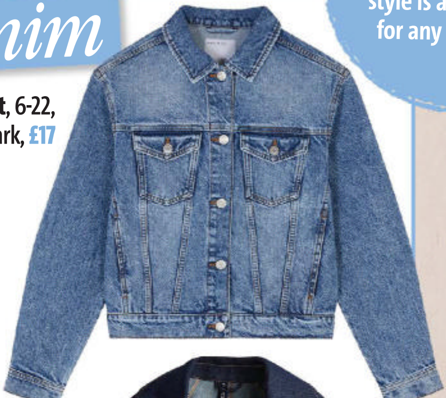
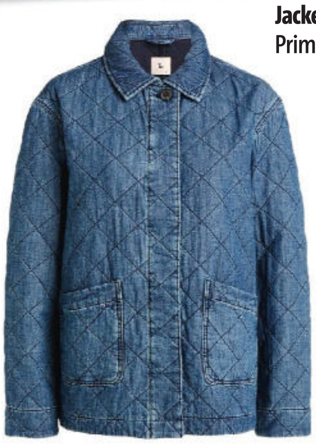
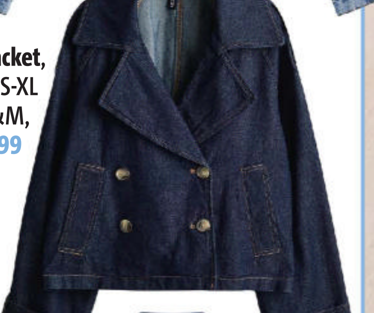
Jean-ius Denim



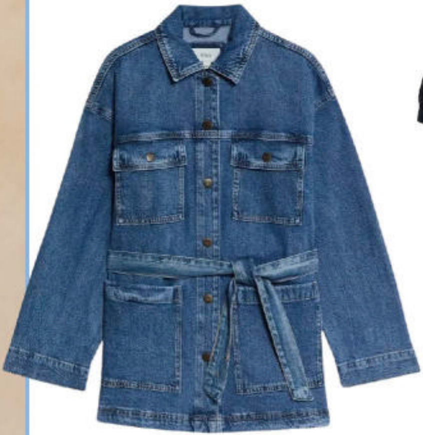
Jacket, 6-22, Primark, £17



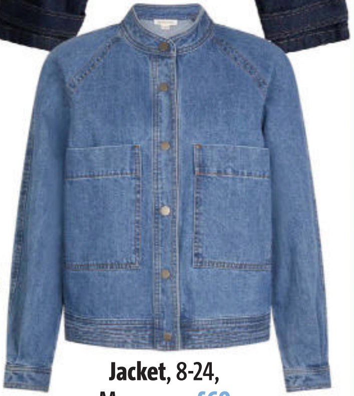
Jacket, 6-24, Tu at Sainsbury's, £32



Jacket, XXS-XL H&M, £29.99



Jacket, 6-22, M&S, £49.50



Jacket, 8-24, Monsoon, £69

COVER STARS

Find your perfect spring jacket on the high street… from £17!

Hardwearing and versatile, this classic style is an essential for any wardrobe

Jacket, 10-28 £32; **Dress**, 10-28 £32; **Boots**, Stylist's own, all Bonmarché

Continued over the page...

Retro Suedette

Tap into this season's boho trend with these soft suede options. Simply pair with denim for an on-trend finish

Jacket, 6-20, New Look, £49.99

Jacket, 8-24, Peacocks, £32

Jacket, 10-20, M&Co £55

Jacket, 6-22, M&S, £69

Jacket, S-XL, very.co.uk, £35

Ladylike Bouclé

Adopt tweed-like textures, collarless necklines and luxe-looking gold buttons for a timeless, feminine look

Jacket, 6-20, New Look £54.99

Jacket, 6-22 Next, £62

Jacket, 6-22, River Island, £55

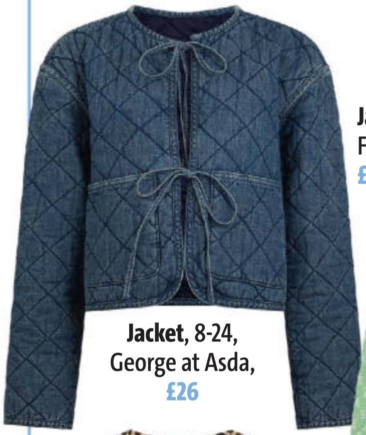
Jacket, 10-28, Damart, £64.99

Jacket, S-XL, Monsoon, £99

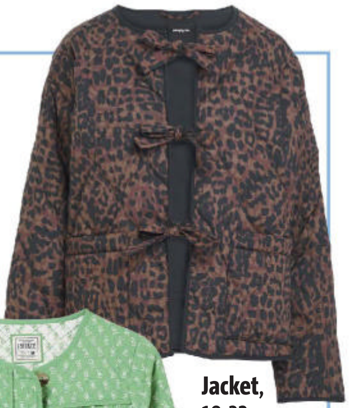
Jacket, 6-22, £29.50; **Top**, 6-22, £7; **Skirt**, 6-22, £22, all F&F at Tesco

Jacket, 8-24, £49; **Trousers**, 8-24, £35, all Cotton Traders

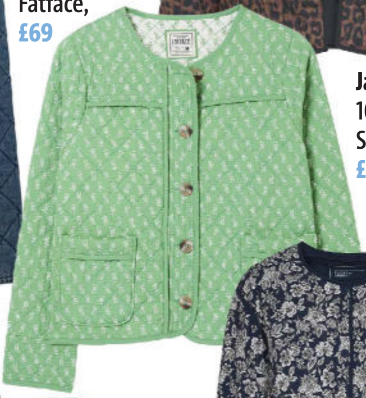
Cosy & Quilted



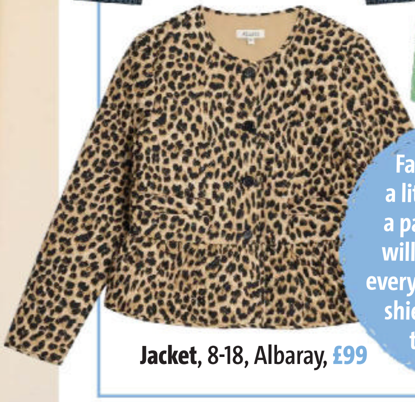
Jacket, 8-24, George at Asda, £26



Jacket, 10-32, Simply Be, £56

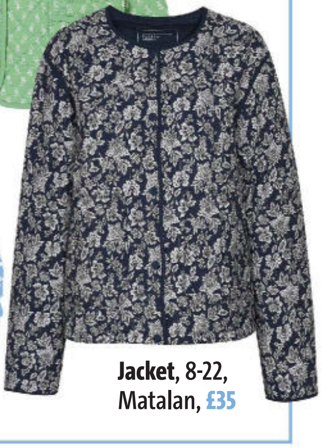


Jacket, 6-24, Fatface, £69



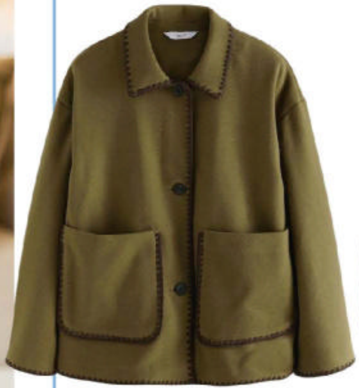
Jacket, 8-18, Albaray, £99

Fancy something a little cosier? Grab a padded style that will work with your everyday staples while shielding you from the elements

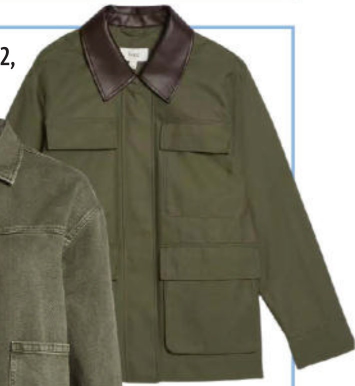


Jacket, 8-22, Matalan, £35

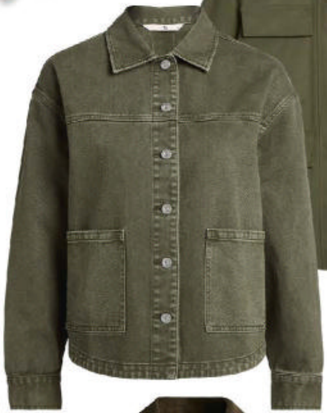
Khaki Army



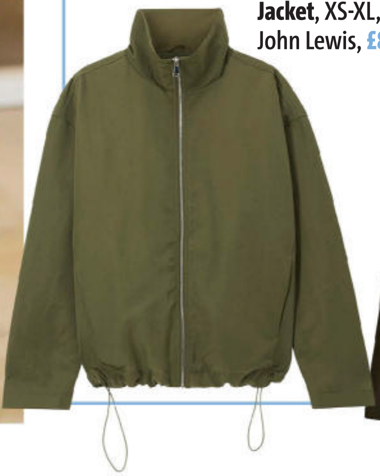
Jacket, 6-22, Next £44



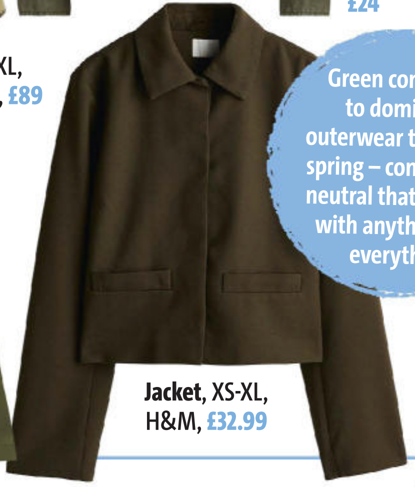
Jacket, 6-22, M&S, £69



Jacket, 6-24, Tu at Sainsbury's, £24



Jacket, XS-XL, John Lewis, £89



Jacket, XS-XL, H&M, £32.99

Green continues to dominate outerwear trends for spring – consider it a neutral that will pair with anything and everything

By Lauren Goodwin-Gradton

FOR LONG NOURISHED HAIR
Mr Muscle
DRAIN GEL
DESTROYS TOUGH HAIR CLOGS
This is a drain unblocker.
Not a shampoo or a hair product.

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H&M, £24.99

White Stuff, £45

Jacket, 6-22, £45; Trousers, 6-22, £30; Shoes, £59, all Next

Wild THING

Add a touch of flair to your outfit with animal print accessories

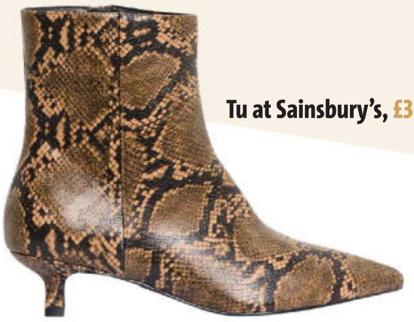
George at Asda, £22

Accessorize, £20

River Island, £12

New Look, £5.99

River Island, £42


Tu at Sainsbury's, £30

Oliver Bonas, £24

Primark, £9

By Ella Shire

Clean and clear

Head-to-toe solutions for all your face and body woes

Smooth bumpy skin

Keratosis pilaris, also known as chicken skin, happens when hair follicles become blocked with a build-up of keratin, causing small bumps to appear on your skin. Although harmless, the condition can be improved with body products. Use **Hello Klean's Blank Space Anti-KP Body Wash**, £18, to loosen trapped keratin and dead skin cells. Similarly, we've found **First Aid Beauty KP Bump Eraser Body Scrub with 10% AHA**, £31, gently exfoliates to reveal visibly smoother and clearer skin. **The Inkey List Glycolic Acid Exfoliating Body Stick**, £15, is a great way to target specific problem areas. Simply apply to clean and dry skin to help with uneven texture and trapped pores.

KP BUMP ERASER BODY SCRUB
Blank Space Anti-KP Body Wash
Hello Klean
GLYCOLIC ACID EXFOLIATING BODY STICK
THE INKEY LIST

Murad.
ACNE CONTROL
Clarifying Body Spray
NATURIUM
The Perfector Salicylic Acid Body Wash
Q+A
SALICYLIC ACID
Smoothing Lotion

Reduce body acne

Body breakouts can affect everyone of all ages and are often a result of sweating. Combat the pesky blemishes with **Murad's Clarifying Body Spray**, £49. Powered by glycolic and salicylic acids, the ingredients penetrate pores to clear and prevent acne. The spray is handy for treating hard-to-reach areas, too. Swapping your shower gel for a clarifying formula is another way of easing body breakouts. We love **Naturium's The Perfector Salicylic Acid Body Wash**, £18, which purifies pores without drying out skin. Post-shower, slather on **Q+A's Salicylic Acid Smoothing Lotion**, £10, to smooth and soften skin while treating it with salicylic acid, which actively unplugs pores.

By Emma White, **Picture** Shutterstock

Tackle face breakouts

Do you struggle with congested and enlarged pores? If so, tailoring your skincare routine is key to a clearer complexion. Incorporate an exfoliant – we recommend **Paula's Choice Skin Perfecting 2% BHA Liquid Exfoliant, from** £12, to buff away dead skin cells and visibly reduce pore size. Cleansing your face twice daily is also essential for removing impurities and preventing build up. The **Skin Rocks The Gel Cleanser**, £39, effectively dissolves every trace of make-up and SPF without stripping your skin. Always remember to moisturise, as dehydrated skin can lead to breakouts. An oil-free formula, such as **Byoma's Moisturizing Gel Cream**, £11.99, is perfect for acne-prone complexions.

PAULA'S CHOICE
EXFOLIATE
SKIN PERFECTING
2% BHA Liquid Exfoliant
SALICYLIC ACID
All Skin Types
UNCLOGS & SHRINKS ENLARGED PORES
SMOOTHS & EVENS SKIN TONE
LIGHTWEIGHT LIQUID ABSORBS QUICKLY
118 ml / 4 fl. oz.
THE GEL CLEANSER
125 ml ℮ 4.22 (US) fl. oz.

BYOMA
MOISTURIZING GEL-CREAM
BOOSTED BARRIER. BETTER SKIN.

Fade dark spots

Hyperpigmentation is when areas of your skin become darker than others. The main causes of dark spots are sun exposure and perimenopause, and they can be found all over the body. To treat your face, invest in a hardworking serum like **La Roche-Posay MelaB3 Serum Intense Anti-Dark Spot Serum**, £48. It's formulated with Melasyl and niacinamide, which regulate melanin production, to help fade persistent dark spots. For your body, the **Eucerin Anti-Pigment Body Cream**, £24, will even out skin tone and boost radiance. Lastly, for hands, the **Nivea Luminous 630 Anti Dark-Spot Hand Cream**, £6.99, will not only reduce age spots but has SPF15 to protect from future sun-induced darkening, too.

NIVEA
LUMINOUS630
ANTIDARK SPOT
ADVANCED HAND CREAM
SPF 15
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Eucerin
NEW
Anti-Pigment
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LA ROCHE-POSAY
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www.takeabreakbingo.co.uk/grand-fridays

Take a Break bingo

18+ promotion runs every Friday between 7pm-11pm. This promotion will run in the 90-ball network room. There is a minimum of £50,000 to be won each Friday between the promotional hours. Ticket prices range from 10p-20p each. Full T&Cs Apply. Please play responsibly. Begambleaware.org

BeGambleAware.org GAMSTOP 18+

NATIONAL GAMBLING HELPLINE 0808 8020 133

SCAN TO PLAY!

Spring Scents

Smell delicious from just £6

Designer Style

Who said you need to spend big to smell great? With notes of cedar and lavender, this bargain buy is almost identical to YSL's cult-classic perfume, but at a fraction of the price. **Primark P.S... Free EDP, £6**

Get Your Greens

Tart rhubarb and earthy tomato leaf team up with honeysuckle to create a unique, crisp scent. It's a great alternative to traditional florals and can be used on both your body and hair. **Arkive No One Elsie EDP, £30**

Lighten Up

If you're not a fan of sickly sweet scents, then this affordable, fruity buy is the one for you. With notes of lemon, tangerine and amberwood, it makes for a warming summer perfume. **Avon Lov U Connected EDP, £15**

Fruity Fresh

Gourmand aromas are all the rage right now, and this is the grown-up way to wear the trend. Featuring a mix of plum, toasted almond and comforting sandalwood, it is the perfect balance between feminine and sultry. **Glossier You Rêve EDP, from £32**

Holiday Favourite

Transport yourself to the Italian gelateria with a quick misting of this delicious pistachio and tonka bean blend that smells good enough to eat! **M&S Discover Sweet Pistachio EDT, £6**

Bold Blooms

The latest addition to the Narciso Rodriguez range combines delicate white flowers with citrusy bergamot. The result? A truly hypnotic aroma that's perfect for date night. **Narciso Rodriguez For Her EDP Intense, from £72**

Skin Booster

Not only does this citrus and geranium perfume make you feel uplifted and energised, but it will also soothe and hydrate skin. Simply warm up the liquid formula in your hands and apply to any part of your body. **Clarins Eau des Jardins Treatment Fragrance, £44**

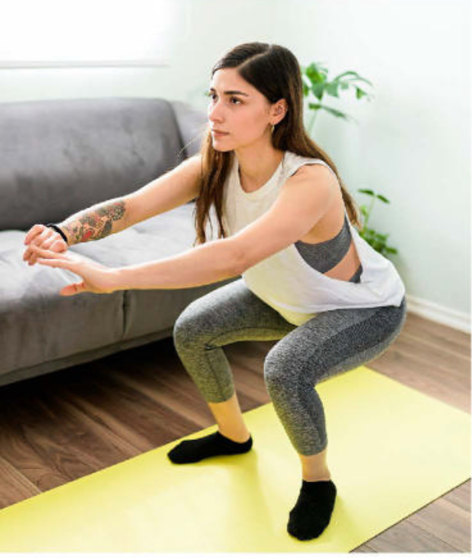
Staying Power

A little goes a long way with Valentino's offering. Crafted with rhum accord, vanilla and hints of coconut, this sweet aroma isn't too overwhelming and has lasting power that lingers on pulse points. **Valentino Born in Roma Extradose EDP, From £77**

By Cigdem Tanrioglu

7 WAYS TO LOSE WEIGHT WITHOUT THE GYM

Expert tips to rev up your metabolism



If your New Year resolution to commit to exercise hasn't worked out, don't worry, you're not alone – 80% of people who resolved to do this have given up by now! The solution for you could be to simply get more active throughout the day, helping to burn calories and build more muscle to rev up your metabolism. Eating more of one crucial food group can also help provide brilliant benefits too – read on to find out more.

1 Be an exercise snacker

Whenever you have a spare moment, Edwina Jenner, personal trainer and health coach (edwinajenner.com), recommends doing burpees, three sets of 10 repetitions; and squats, three sets of 15-20 reps (and hold a full 1litre water bottle in each hand as you work out to increase the intensity). Known as exercise snacking, Edwina says, 'When done consistently, a few times throughout the day, these two moves will burn calories, build muscle and increase your overall fitness and strength without needing to visit the gym.'

2 Try a TV yoga workout

'A great way to increase your metabolism, and build core and functional strength is by trying some dynamic yoga poses and movements,' says Luke Hughes, yoga teacher and personal trainer (activecareers.org.uk). 'Yoga stimulates the production of endorphins, serotonin and dopamine, the body's natural mood elevators, and can be performed with no need for equipment or much space. You can even do sitting yoga exercises while watching your favourite TV programme.' Great chair yoga exercises he recommends are Malasana variation, Warrior II to extended side angle, and Seated Pigeon. For step-by-step exercises check out yogainternational.com

3 Walk when you can

'Don't underestimate the power of walking. Aim for 10,000 steps a day – over a week that's 70,000 steps and about 3,500 calories burned. Walking is effortless, free, and a fantastic way to boost your metabolism and improve your mood,' says online personal trainer

Dominika Bionska (definebydom.com). You don't need to do 10,000 steps in one go, break them up into mini walks throughout the day.

To help rev up your metabolism while walking she recommends you look forward, keep your shoulders relaxed and slightly back, engage your core muscles, and strike the ground with your heel first, rolling smoothly through to your toes. Allow your arms to swing naturally at your side in sync with your stride, keeping movements relaxed and balanced.

4 Move every hour

According to the NHS, many UK adults spend around nine hours a day sitting! 'Your best friend, when trying to get your metabolism up, is to move more often. Get off your chair every hour and do some stretches for a few minutes. Set a timer to remind you. Always take your phone calls standing up. Also aim to park further away from the supermarket or train station and walk,' recommends online fitness trainer Grace Reuben from Dare to Be Fit (daretobefit.co.uk).

'These simple changes are easy to fit into the busiest of lifestyles.'

5 Get into kitchen ballet

'Dancing can boost your metabolism three to six times above resting levels! You don't need a gym, a ballet barre or a studio to tone and sculpt your muscles – your kitchen counter works perfectly! While waiting for the kettle to boil, try pliés. Because ballet is a total body workout, it increases circulation, breathing rate and muscular activity, elevating your metabolism,' says Royal Academy of Dance ballet teacher, Sarah Aspinall (breakingballet.com, and check out her YouTube videos).

To do pliés, stand with your feet slightly turned out, toes pointing out, and slowly bend your knees while keeping your back straight. Engage your thighs, glutes and core as you lower and rise. Add a gentle rise by lifting your heels for extra calf work.

6 Exercise while brushing teeth

Why gaze into space while brushing your teeth, when you can work your muscles at the same time? 'Make brushing your teeth an opportunity to strengthen your legs,' says Birute Webb, health and fitness manager at Cardiff Met Sport (cardiffmet.ac.uk)

'Lean against the wall and lower into a wall sit, holding for as long as you can. It's an excellent way to tone your thighs and glutes while multitasking during your morning or night-time routine. Over a period of time, you'll feel your legs get stronger and notice how much easier it becomes.'

7 Eat more protein

As well as exercise to rev up your metabolism, look at what you eat. 'Ideally, you should eat some form of protein with every meal as your body burns more calories digesting proteins compared to other foods, which can raise your metabolism for a few hours,' recommends fitness expert Adam Clare (rugbystuff.com).

General recommendations are to eat a palm-sized portion of protein with each meal and keep any snacks protein-rich too. If you're veggie or vegan, you may need to be a little bit more savvy to up your intake – try eggs or tofu for breakfast. Good snack options are a Greek yogurt with fruit or a wholemeal bagel with peanut butter; and for lunch and dinner give beans or tempeh a go.

By Julia Smurthwaite, **Pictures** Shutterstock

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

Cookie love

Triple-chocolate cookie bars

Makes 14 Takes 50min, plus cooling

- 130g unsalted butter, softened
- 65g brown sugar
- 90g caster sugar
- 1 egg
- 2tsp vanilla bean paste
- 1/2tsp salt
- 130g plain flour
- 25g dark cocoa powder
- 1/2tsp baking powder
- 100g white chocolate chips
- 100g milk chocolate chips
- 50g dark, milk and white chocolate chips, to garnish

1 *Preheat the oven to 180°C/fan 160°C. Line a 20cm square cake tin with baking paper.*

2 *Using an electric mixer fitted with the paddle attachment, mix the butter, sugars and egg until creamy and pale. Add the vanilla and salt and mix to combine.*

3 *In a separate bowl, whisk the flour, cocoa and baking powder to combine. Add the dry ingredients to the butter mixture and mix on low speed until just combined. Add the white and milk chocolate chips and mix to combine.*

4 *Press the dough evenly into the tin and bake for 30-35min (it will have puffed up slightly and appear dry on top). While the cookie slab is still warm from the oven, scatter the chocolate chips over the top. Allow the slab to cool completely in the tin before slicing it into 3cm x 9cm bars.*

Celebrate the incredible women in your life on Mother's Day by sharing these bite-sized treats

Orange creams

Makes 23 Takes 50min, plus chilling and cooling

- 300g plain flour, plus extra for dusting
- 1/2tsp baking powder
- 1/2tsp salt
- 110g caster sugar
- Grated zest of 1 orange
- 165g unsalted butter, softened
- 1 egg yolk
- 1tsp vanilla bean paste

FOR THE ORANGE CREAM

- 50g unsalted butter, softened
- 150g icing sugar, plus extra for dusting
- Juice of 1 orange
- 1/2tsp white wine vinegar

1 *Combine the flour, baking powder and salt in a bowl. Whisk and set aside.*

2 *Using an electric mixer fitted with the paddle attachment, mix the sugar and orange zest on medium speed. Add the butter, egg yolk and vanilla and mix until combined but not aerated (we don't want these to spread in the oven). Finally, add the dry ingredients and mix until a soft dough forms. Wrap the dough in cling film and pop in the fridge for 1-2hr.*

3 *Preheat the oven to 200°C/fan 180°C. Line two baking trays with baking paper or silicone baking mats. Roll out the dough on a lightly floured surface until 3-4mm thick. Use a fluted cutter to cut out 5cm rounds and place on the baking trays, leaving about 2.5cm between each.*

4 *Bake for 8-10min or until they look dry all the way to the centre but are still blonde. Allow them to cool for 10min on the trays before transferring to a wire rack to cool completely.*

5 *For the orange cream, whisk the butter and icing sugar using the whisk attachment of the electric mixer for 3-4min or until light and creamy. Gradually add the orange juice and whisk for 2-3min or until emulsified. Finally, mix in the white wine vinegar, if using.*

6 *Transfer the orange cream to a piping bag fitted with a 1cm round nozzle. Pipe 1tsp of the cream into the centre of half the cookies and sandwich with the remaining cookies. Lightly dust with icing sugar.*

Continued over the page...

Tip

When making the buttercream, leave out the white chocolate and the raspberry powder, and add 100g chocolate hazelnut spread (such as Nutella) instead.

Raspberry white chocolate melting moments

Makes 16 Takes 55min, plus cooling and setting

- 180g unsalted butter, softened
- 70g icing sugar
- 200g plain flour
- 60g custard powder

WHITE CHOCOLATE RASPBERRY BUTTERCREAM

- 100g white chocolate, melted and cooled
- 85g unsalted butter, softened
- 50g icing sugar, sifted
- 1tbsp freeze-dried raspberry powder

1 Preheat the oven to 180°C/fan 160°C. Line two baking trays with baking paper.

2 Using an electric mixer fitted with the paddle attachment, cream the butter and icing sugar until light and fluffy. Sift in the flour and custard powder. Mix until a soft dough forms.

3 Divide the dough into 32 evenly sized balls, using about 15g for each one. Place the balls on the baking trays, leaving space for spreading, and gently press down with the back of a fork to form the classic indentations.

4 Bake for 15-18min – they should appear to be dry and cooked through without becoming golden brown. Allow them to cool completely on the trays.

5 For the buttercream, combine all the ingredients in the bowl of an electric mixer fitted with the whisk attachment. Whisk on medium speed for 5-7min or until light and fluffy.

6 Sandwich the cookies in pairs, using about 1tsp of the buttercream for each pair. Pop in the fridge for 1-2hr to set the buttercream before diving in.

Jammy thumbprints

Makes 18 Takes 35min, plus cooling

- 125g plain flour
- 100g ground hazelnuts or almonds
- 1/2tsp salt
- 120g unsalted butter, softened
- 60g caster sugar
- Grated zest of 1 orange
- 1tsp vanilla bean paste
- 100g good-quality plum jam or other jam
- 1/2tsp white wine vinegar

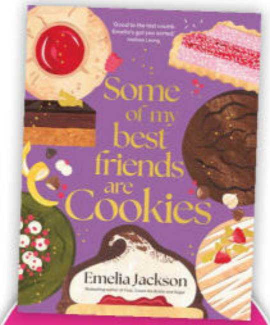
1 Preheat the oven to 200°C/fan 180°C. Line two baking trays with baking paper or silicone baking mats.

2 Put the flour, ground hazelnuts and salt in a bowl and whisk to combine and break down any lumps.

3 Using an electric mixer fitted with the paddle attachment, mix the butter, sugar, orange zest and vanilla on medium speed until smooth, about 2-3min. (You don't want to aerate the mixture, otherwise the cookies will spread.) Add the dry ingredients and mix until a soft dough forms.

4 Roll the dough into 16 balls, using 20-25g for each one. Place on the trays, allowing room for spreading. Use the back of a teaspoon to press a divot in the centre of each ball. Bake the cookies for 12-15min or until lightly golden around the edges. Allow to cool.

5 Combine the jam and vinegar in a small saucepan. Bring to the boil over a medium heat, then cook for 2-3min. Remove from the heat and fill the divot in each cookie with 1tsp of the jam. Let the jam cool completely before eating.



These recipes are taken from ***Some of My Best Friends Are Cookies*** **by Emelia Jackson** (Murdoch Books, £20)

By Hayley Merrick **Recipes** Emelia Jackson **Pictures** Armelle Habib

CELEB FRIDGE

Cook and TV star Nadiya Hussain, 40, on her eating habits

How much do you spend?
Around £150 per week. I shop at Sainsbury's and Aldi for my essentials. I also visit my local Asian supermarket for wonky veg boxes. While the veg might be a little bruised, it's only £1 and the products are still edible!

Describe your daily diet...
I start my day with a coffee with honey and milk and a large glass of water, followed by a protein shake. For lunch, I like to eat a couple of boiled eggs I prep in advance and keep in the fridge, with some avocado and a can of tuna. I'm usually really busy recipe testing, so it's a great grab-and-go lunch that's packed with protein to keep me fuller for longer. Every day, without fail, we have curry and rice for dinner. It varies between chicken or vegetables and I prepare lemon rice as a side dish. My snacks usually consist of a selection of dried fruit, such as apricots, cherries, cashews and pecans.

Anything you refuse to eat?
I wouldn't ever try snails. No matter how much garlic butter you slather on them, they just don't appeal to me.

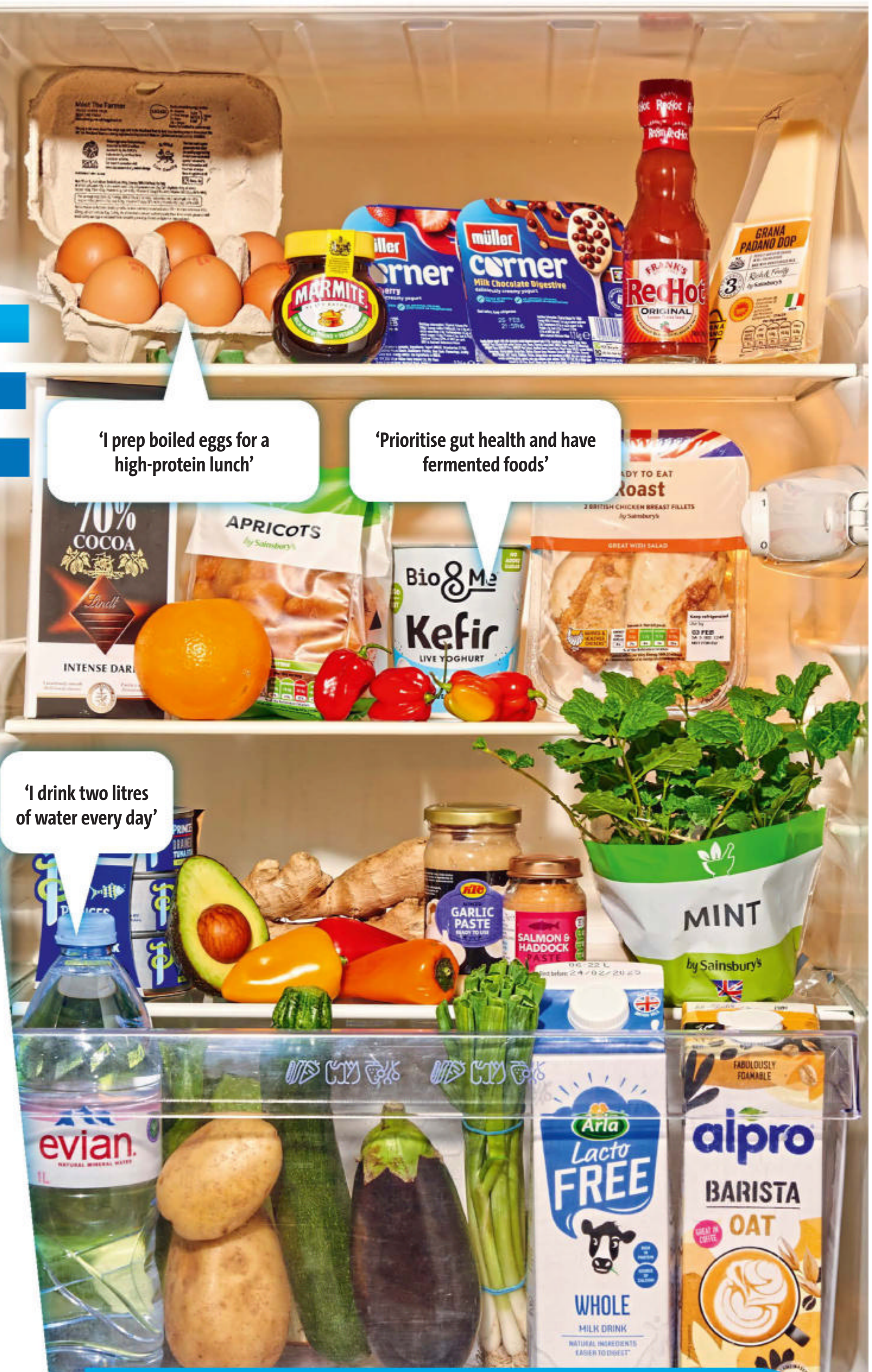
Strangest thing you've eaten?
Chicken ovaries. While this may seem strange to most people, it frequented our plates all the time growing up. My dad used to get them from our local butcher and put them in curries.

What would you cook to impress?
A one-pan meal that everyone can get stuck into. A biryani is a classic go-to! The cake would take centre stage, I love to bake one with loads of layers so it's a true showstopper.

- *Rooza by Nadiya Hussain (Penguin Michael Joseph, £25) is out now.*

INSIDE NADIYA'S FRIDGE

- Eggs
- Marmite
- Müller Corner yogurts
- Chilli sauce
- Parmesan
- Dark chocolate
- Oranges
- Apricots
- Scotch bonnet chillies
- Kefir
- Chicken breasts
- Tuna
- Avocados
- Sweet drop peppers
- Ginger
- Garlic paste
- Fish paste
- Fresh mint
- Water
- Potatoes
- Courgette
- Aubergine
- Spring onions
- Lactose-free milk
- Barista oat milk



'I prep boiled eggs for a high-protein lunch'

'Prioritise gut health and have fermented foods'

'I drink two litres of water every day'

TAKEAWAY ORDER

FISH AND CHIPS
A proper classic! I always order mushy peas, pickled eggs, pickled onions and curry sauce on the side.

FAVOURITE DRINK

TRIP
TRIP
TRIP

TRIP LIGHTLY SPARKLING
They're really tasty and infused with CBD, and super relaxing before bed.

COMFORT FOOD

MASHED POTATO TWIST
Buttery mash, coated with tomato soup and cheese, then baked until gooey.

By Helena Holdsworth **Pictures** Marco Vittur, Shutterstock

Our ancestors' lifestyle could be the key

SLEEP LIKE A CAVEMAN

Struggling to drift off? Take some tips from our ancestors

Getting enough good quality shut-eye has become a national obsession, and it's no wonder, as insomnia affects one in three of us in the UK. Research shows more than one in 10 Brits are now using technology to track sleep. But is it helping or hindering?

Experts say our tech habit is creating a new problem, orthosomnia, the medical term for an unhealthy obsession with attaining perfect slumber, and may make sleep quality worse.

'To understand the nature of sleep, we must go back to prehistoric times, when our bodies were far more adapted to natural conditions through evolution,' says sleep scientist Merijn van de Laar, author of *How To Sleep Like a Caveman* (William Collins, £20). He has studied tribes living in remote areas, where their lifestyles are comparable to how are ancestors would have lived. 'The Western view on sleep is black and white. You're sleeping or you're awake. You have to fall asleep very fast, and you have to sleep without interruption. These expectations around sleep are not natural. For example, in the Hadza tribes of Tanzania, lying awake won't make them stressed. They just accept it.' Sleep experts are now returning to this philosophy, with techniques such as Acceptance and Commitment Therapy (ACT), a form of cognitive behavioural therapy, where individuals learn to accept their insomnia. The result? Improvements in reported sleep.

Merijn van de Laar

Merijn says the industrial revolution, which began in the mid 18th century, created false parameters for sleep. 'There was more pressure on sleep,' he explains. 'You had to go to work and get your sleep at a designated time. This idea of eight hours a night then came about. But the fact is, only 15 to 25% of people sleep eight hours or more.'

> 'Insomnia affects one in three of us in the UK'

Know your chronotype

Not everyone has the same in-built sleep pattern. 'If you look at chronotypes – the natural inclination of your body to sleep at a certain time – you see a lot of genetic variability,' says Merijn. 'A variability in chronotypes would be important in a caveman community because you need to have a lot of people awake during the evening to keep watch and protect against dangers. If everybody had the same chronotype, everybody would be sleeping at the same time. Your chronotype is quite genetic – if both your parents are evening

Get back to basics for good sleep

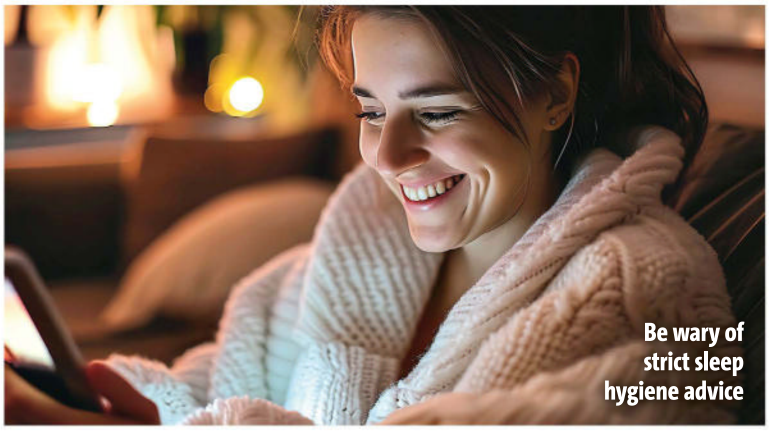
people, then the chances of being an evening person yourself are high.'

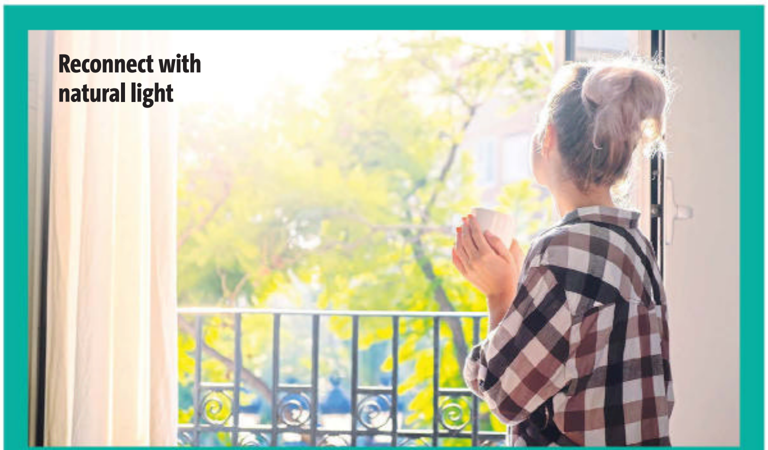
Sleep habits can vary in caveman tribes. 'Some sleep mostly during the night, but not all,' says Merijn. 'If you look at Madagascar, they have a biphasic sleep in which they go to bed very early in the evening. Then in the middle of the night they wake up and do chores and then go back to a second sleep.' In fact, historians have discovered biphasic sleep was practised in the UK and all over Europe during the preindustrial revolution and it's even mentioned in Chaucer's *The Canterbury Tales*.

What counts as good sleep, believes Merijn, has become too idealised. 'The modern Western sleep challenge is that we are trying to make it too perfect. People in a Madagascan tribe don't think about sleep in that way,' he says. 'We don't need to buy extra gadgets. The only one I recommend is a 10,000 lux light lamp for the daytime in the winter if you're inside not getting enough light. But really, the only thing you need for better sleep is the right information, a darkened room, a bed, and the time to sleep. If you have those four things, that's all you need, nothing more.'

We should also be wary of overly prescriptive sleep hygiene advice. 'While I do agree it's very important to go out in the morning to have your exercise, to get enough light, there's a lot of black and white advice going round. Like you shouldn't watch TV before going to bed or allow your mind to be too active. I suffered from insomnia for three years,' admits Merijn. 'What helped me was actually just watching TV or listening to audiobooks. Mindfulness or relaxation exercise doesn't work for everyone. We should learn to listen to our bodies.'

> 'We are trying to make it too perfect'


Be wary of strict sleep hygiene advice


Reconnect with natural light

STONE AGE SLEEPING

LET GO OF THE EIGHT-HOUR RULE

It is common to sleep between five hours and 20 minutes and just over seven hours. An average good length of subjective sleep is between just under six hours and almost seven and a half hours. However, this varies from person to person.

IT'S OK TO LIE AWAKE

Realise that it is normal for us to lie awake at night. We have forgotten how to lie awake because of time pressure.

SHORTER TOTAL BEDTIMES MIGHT BE BETTER

If you find yourself restless lying awake in the night, institute a shorter total bedtime to decrease sleep pressure.

MANAGE STRESS

Consider relaxation exercises, but also look at underlying stressors in your life and remember that you often have a choice in how you allow those things to create.

FOLLOW THE RULES OF NATURE

Reconnect with nature and use natural light during the day and less artificial light in the evening. Keep a regular rhythm for the time that you go to bed.

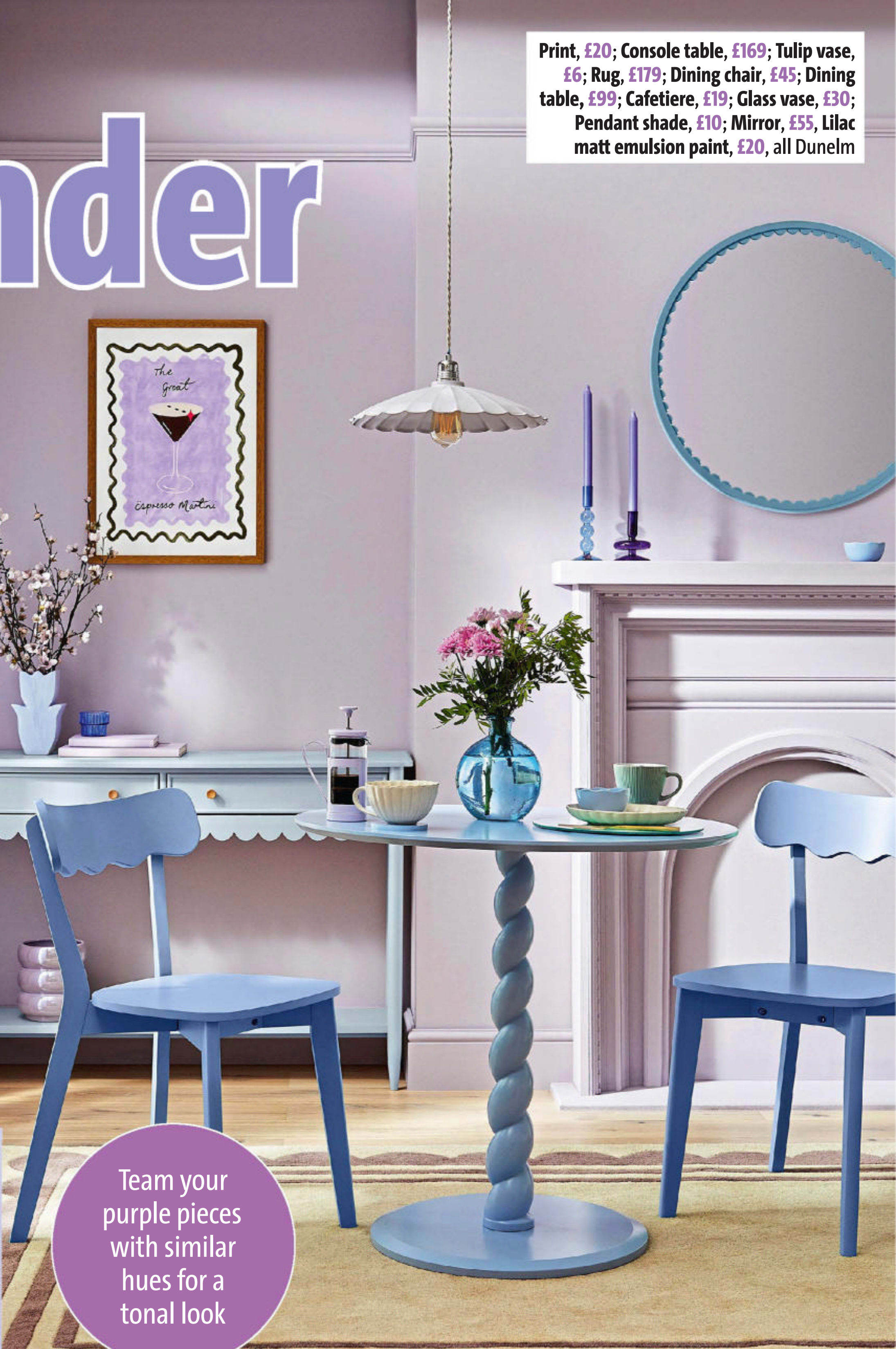
RESPECT YOUR PERSONAL CIRCADIAN RHYTHM

Skip the 6am exercise class if it does not fit with your natural circadian rhythm. Discover what your biologically determined day/night rhythm is and try to follow it as much as possible.

By Lucy Hunter, **Pictures** Shutterstock

Lavender Haze

Create a pretty pastel pad with these lilac hues



Print, £20; **Console table**, £169; **Tulip vase**, £6; **Rug**, £179; **Dining chair**, £45; **Dining table**, £99; **Cafetiere**, £19; **Glass vase**, £30; **Pendant shade**, £10; **Mirror**, £55, **Lilac matt emulsion paint**, £20, all Dunelm

Team your purple pieces with similar hues for a tonal look

Jug, theglugglejugfactory.co.uk, £19

Display cabinet, Mustard Made, £449

Frame, M&S, £9

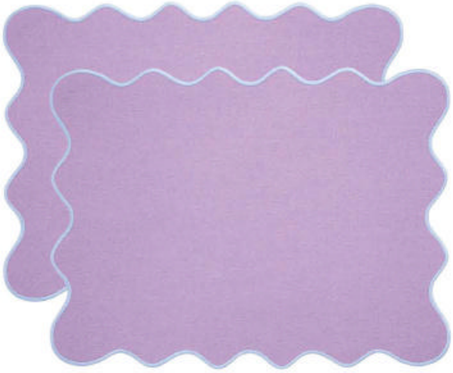
Duvet set, H&M, from £14.99

Lampshade, Habitat, £25

Candlestick holder, La Redoute, £22.99

Print, postery.com, from £14.99

Tart server, sabre-paris.co.uk, £29



Placemats, Dunelm, £6 for two

Salad bowl, hotpottery.co.uk, £45

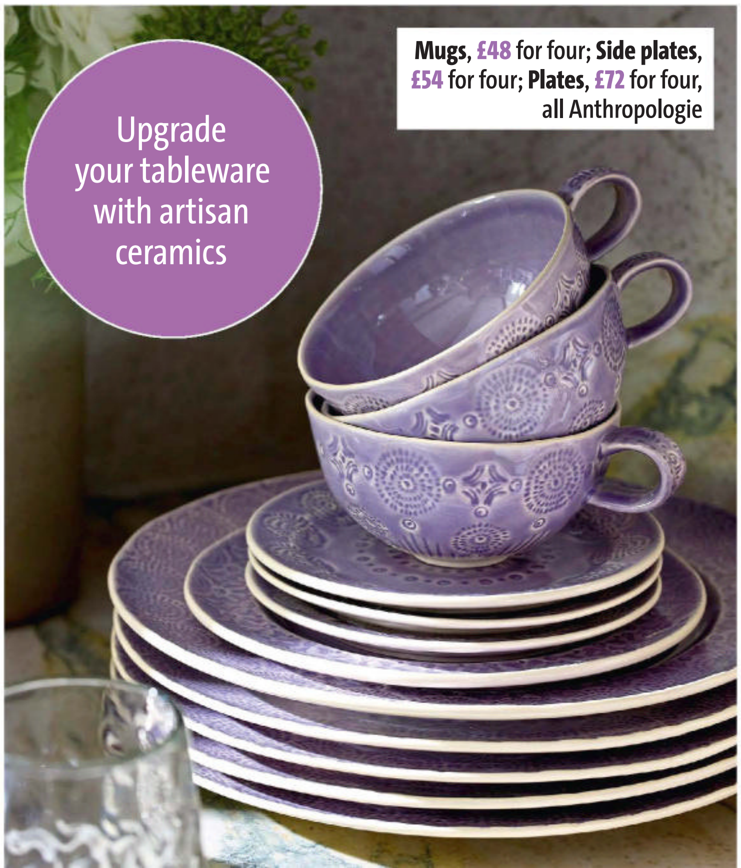
Salt or pepper mill, Addison Ross, £58

Side table, La Redoute, £139.99

Tray, Matalan, £5

Cushion, Habitat, £9

Napkins, George at Asda, £3.50 for four



Upgrade your tableware with artisan ceramics

Mugs, £48 for four; **Side plates**, £54 for four; **Plates**, £72 for four, all Anthropologie

Lamp, M&S, £39

Vase, Mango, £49.99

By Emma White

THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY

TIKTOK STAR TURNS TRIPLE MURDERER
SICK & TWISTED
DAD 'MARRIED STEPDAUGHTER... THEN KILLED HER
LUCY LETBY
SHOCK NEW EVIDENCE EXPLAINED
CRIME MONTHLY
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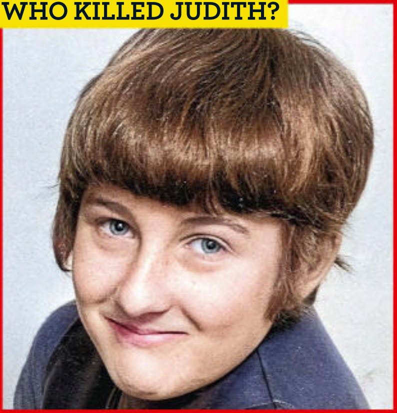

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£50 Star letter

Strong Monica

I found your article about Monica, who kept her midlife baby bump a secret (issue 10) to be quite an emotional read. Monica showed strength and resilience on her journey to becoming a mum. It doesn't come easy to many of us. I too suffered many miscarriages before being lucky enough to become a mum to two children. I wish her many years of happiness!

Mandy Melvin, Goodshaw

Ski season

I loved the photos of the celebs on their winter holidays (issue 10). My own to Italy was equally joyful until disaster struck. Our ski club's newsletter later mentioned that there were only two damaged limbs that season, but it was poor me that had both of them!

Maggie Cobbett, Ripon

Talking point

Flexible working arrangements are being restricted or brought to an end by employers. So, we ask, is it time to stop working from home?

I think hybrid is the way forward. Full-time office work now seems so old fashioned.
Laura Carter, via Facebook

As someone who has always worked from home, I wouldn't have it any other way!
Lauren Morrison, via Facebook

My office wants us to return full time but there aren't enough desks for everyone now! What am I supposed to do, sit in a corridor?
Gill Smith, via Facebook

I detest going into the office, particularly in the winter, and try to avoid it as much as possible.
Sam Eavis, via Facebook

By Stephen Leng, **Pictures** Shutterstock, Instagram

THIS WEEK Bella LOVES...

Pizza parties!

It's a Saturday night and you want a treat – and pizza just hits the spot. White Rabbit Pizza have come up with an incredible range of gluten-free Italian offerings on sourdough bases in classic flavours such as Salami or Margherita. We couldn't believe it when we tried them; all the same taste, just without gluten. Available at Sainsbury's, Morrisons and Waitrose, you won't regret adding one to your basket.

WHITE RABBIT
MARGHERITA
PIZZA

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‘How I escaped DEATH – TWICE!’

Philippa Zamora, 41, was injured in Nepal’s deadliest earthquake. But that was just the start of her 10-year battle…

The aftermath of the earthquake

Standing in my hotel lobby in Kathmandu, Nepal, the ground suddenly lifted, and before I knew it, I was being thrown to the marble floor. All around me, people were falling like dominos, and the air was filled with screams and shattering glass. ‘I’m going to die,’ I thought as I was hurled to the floor.

I lived in Mexico and was used to earthquakes, which is what I realised this was. But I’d never experienced anything as bad as this. Desperately, I crawled out of the exit, with a stampede of people behind me, and looked for my colleagues. It was April 2015, I was 32 years old and my team and I had travelled to Nepal for a major conference on farming in developing countries. We were due to leave for India tomorrow for the final part of our trip. None of us could have imagined that we would be caught up in something so devastating.

Philippa and research assistant Tania before the earthquake

As the ground finally stopped moving, I reached for my phone with shaking fingers. ‘Please God, can there be signal?’ I prayed. To my relief, the screen lit up and I made two emergency calls to my mum and husband. ‘Don’t talk, just listen,’ I blurted down the phone. ‘There’s been an earthquake but I’ve made it outside and I’m OK.’ I then hung up and let my colleagues make their own calls. The next 24 hours were a blur. While countless buildings across the city collapsed, our hotel was fortunately earthquake proof. We still weren’t allowed inside though, due to the risk of aftershocks, so everyone huddled outside in the freezing cold, as doctors tended to the injured.

I had a stabbing pain in the left side of my chest where I had landed on the ground, but it was only in the following days, when I was able to fly out to India, that I eventually sought medical help. ‘You have a cracked rib, it should heal with rest,’ the doctor told me. It was then time to go back home to Mexico where my husband, Paco, met me at the airport. For a while afterwards I didn’t leave the house and rested as the doctor advised. But, although my rib healed, the trauma lasted a long time and I didn’t like leaving the house.

‘I’m going to die’

Then, around five months after the earthquake, we were invited to a friend’s house party. ‘It might be good to get out,’ Paco said. ‘OK,’ I nodded. ‘I’ll go.’ But I was distracted. The night before, I was getting ready for bed, when I’d felt a flat, oval disc on my left breast. It was in the same place as I had been struck in the earthquake. ‘It’ll just be damaged scar tissue’ I told myself. But at the party, I got talking to my friend’s dad, who was a radiologist, and he offered to check me there and then. ‘I can’t say for sure, but based on the fact it’s round with defined edges, it looks to me like a fibroadenoma,’ he said. ‘Is it serious?’ I asked, my heart pounding. ‘Fibroadenomas are non-cancerous breast tumours. You shouldn’t need treatment, unless it gets painful,’ he said.

Over the next few weeks, I got another opinion from a doctor who confirmed it was a fibroadenoma. I didn’t give it much more thought after that, even when it grew bigger. Then, after Christmas, I received the devastating news

She's had a Phyllodes tumour three times

Philippa and her family now

that my brother Michael, 47, had bowel cancer. It was extremely aggressive and within a month, he had passed away. We were all heartbroken. At his funeral, I couldn't ignore my lump anymore. It had gone from a few cm to 13x8cm, and it was now protruding out of my cleavage. 'Pip, you need to get that out of your breast,' Mum pleaded with me after the service. 'I've already lost your brother. I can't lose you as well.' 'It's just a fibroadenoma, but I will,' I promised her.

When I got back home to Mexico I contacted an oncological breast plastic surgeon, who agreed to see me after a preliminary mammogram. 'I have the results,' he told Paco and I. For a moment, he stared intently at the computer screen. Then he put both of his hands on the table and said, 'Why have you taken so long to see me?' I felt sick. 'I was told it was a fibroadenoma and not to worry,' I stammered. The surgeon looked grave. 'This isn't a fibroadenoma,' he replied. 'It's a Phyllodes – a very rare type of breast tumour that is often mistaken for fibroadenoma, because they look similar. The difference is Phyllodes grow much faster and bigger.' Holding Paco's hand, I took a deep breath. 'How serious is it?' I said. 'Most cases are benign,' the surgeon said. 'But if this is malignant, it's really serious. This is an emergency. I will see you on the operating table on Friday at 6am.'

'I let out a sigh of relief'

The following two days I felt sick and was thinking about all the worst case scenarios. But when I woke up after the surgery, I saw the surgeon smile at me. 'It's benign,' he said. I let out a sigh of relief. 'It should be fine, but we'll do an ultrasound in six months to check it hasn't come back,' he said. I was so thrilled and felt like I had been given a second chance. Two months later I found out I was expecting our first child. I was concerned that I wouldn't be able to do breast checks during pregnancy, but the doctor was reassuring. 'As soon as you start lactating, the Phyllodes usually don't come back,' he said.

When our little boy, Alessio, arrived, I began breastfeeding him, and soon after I had our second child, Zoe. What followed was a four-year period of continuous breastfeeding, during which time we moved to England. Then, six months after I stopped breastfeeding, the lump returned and my nightmare resumed. I had surgery to take out the benign Phyllodes, but within a year it was back, except this time a tiny part was malignant. I had to have a complete double mastectomy as a result of genetic testing, plus radiotherapy for six weeks.

Now, a year on, I finally have the all clear. The last decade has been the toughest of my life. In April 2015, I survived a 7.8 magnitude earthquake that killed 9000 people in Nepal and since then I've had Phyllodes, a rare, fast growing tumour, three times. My brushes with death have taught me that life is precious. I am so grateful to be here and make every moment count.

● *Philippa and her doctor have now set up a charity to support patients and educate healthcare professionals in better diagnosis and treatment of Phyllodes. For more info, visit phyllodesuk.com (launching soon)*

By Charlotte Bateman **Pictures** Alamy Stock Photo

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

My step-parents are now together!

Q My parents both died a few months apart last year. They hadn't been together since I was a baby. My dad had an affair and left the family to go and live with his mistress and her children. I never belonged in their house. It was never my home. I slept on the sofa, wasn't invited on family holidays, and my stepmum always told me that I was too demanding and was jealous of her and her kids because they got to live with my dad. Maybe she was right. I didn't really understand at the time – I just thought I was the difficult one and because of that, I wasn't wanted. I found out last week that my step-parents are now in a relationship, and are living in my father's house. All my feelings about my stepmum have bubbled up and I feel like a child again with a whole load of feelings that I don't know what to do with. I get on well with my stepdad, but wouldn't necessarily have stayed in touch with my stepmum very much, but now, it's like I have to. I know I should feel happy for them, that they have found each other in their grief, but I don't. Am I a terrible person?

A What your letter reveals to me is that your stepmum's words hit hard and have left a significant mark on you. You still believe that you are the problem, the difficult one. You are dealing with the recent loss of both of your parents, and this in itself is massive. Add to that the fact that your stepparents have both moved on – and to make it worse, with each other – and it's not surprising that you are finding this tough! Your stepparents getting together and discovering a new life and love for each other has left you feeling alone in your grief. You only have one mum, one dad, and they are irreplaceable to you, and yet, both stepparents are not having to sit in the sadness of

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How do I get rid of this friend?

Q My friend and I met when we were both in our 20s and had a lot of fun together. She was loud and sassy and often upset people with her abrupt honesty. Now we're in our 30s and a lot of our friendship group have settled down, and I'm one of them. She has become more bitchy over the years. Hates everyone's children, partners and is quite scathing of marriage in general, saying we're all suckers for buying into such an outdated system that favours men. I am so tired of having to defend my life choices. She's lost a few friends for the same reason over the years. I don't want to hurt her, but I just don't have room in my life for someone so draining. What should I do?

A Friendships need feedback, just like relationships do. How is your friend supposed to grow and learn from what has happened if she gains no understanding of the part she's played? Being critical of other people's lives is a sure sign that she's not comfortable in her own life. It would be so much more honest of her to say, 'I'm worried that everyone is moving on with their life and I'm going to be left behind.' There is no right or wrong way to live, as long as no harm is being done to anyone. Let her know she's pushing you away so she has the chance to think about how her behaviour affects you.

Should I forgive my sister?

Q I've always had a difficult relationship with my sister, who is 13 years older than me. She bullied me when I was a kid. When our mum was diagnosed with cancer two years ago, my sister went round the house putting stickers on things she wanted. I was so appalled, and when mum died, she claimed it all for herself. She also cut me out of the funeral planning and I felt like a guest at my own mum's funeral. I haven't spoken to her since, but she's the only family I have. She hasn't tried to make contact, but do you think I should try to build bridges?

A When we don't understand our feelings, they often leak out as harmful behaviour. Maybe she felt envy towards you, that you had it easier than her. I'm not saying this justifies her behaviour, but if you understand that her spitefulness comes from a place of pain, it might help you to connect with her. However, we can't force others take accountability for their actions. The only thing you can do is express your own feelings.

Letters and replies may be edited for length/clarity. **Pictures** Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

their loss because they are creating something new and exciting with each other. In addition, you also have the complication of your difficult stepmum. You thought that you would be able to step away from that relationship and see less of her, but now it seems that if you want to maintain contact with your stepdad, she comes as part of the package. Your stepmum left you with the impression that your feelings were wrong, and other people's happiness was more important. You must have been struggling with such difficult feelings as a child, knowing that your dad was more present for his new family than he was for you. So let yourself feel whatever you need to feel. And if you need to withdraw from both of them until you feel more able and willing to engage with them, give yourself permission to do that too.

That way, you're not pointing the finger, but letting her know about your experience. Perhaps it's worth giving it another go so you can be at peace with yourself, knowing you've done all that you can.

BELLA ADVICE LINES

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 24–30 March**

Lady Gaga – 39 on 28 March

ARIES

21 March — 20 April

Major changes are taking place in your life, even if you aren't aware of them yet. Listen to your instincts because they'll guide you towards new avenues and interests. The 29th and 30th are both immensely powerful for you, especially if you're embarking on a fresh chapter in your life.

Theme of the week: Mystery

☎ 0906 650 7230

TAURUS

21 April – 21 May

You may have thought that a recent situation or emotion involving a friend was done and dusted, but it crops up again from midweek onwards. This is your opportunity to finally resolve things in ways that will benefit everyone concerned.

Theme of the week: Compassion

☎ 0906 650 7231

GEMINI

22 May – 21 June

Right now you're putting a certain someone on a very high pedestal. This is great if they deserve it, but take care not to invest them with qualities that they don't really have. Pay attention to your dreams and fancies on the 31st.

Theme of the week: Abilities

☎ 0906 650 7232

CANCER

22 June – 23 July

The current emphasis on getting ahead and achieving your goals moves up several notches from the 29th. Don't underestimate yourself! The coming weeks will be your chance to shine. Your relationship with people who inspire you will also be highlighted.

Theme of the week: Wisdom

☎ 0906 650 7233

LEO

24 July – 23 August

Double-check all joint financial arrangements and plans this week. Be wary of getting involved in anything that you aren't sure of, especially if someone is trying to persuade you to part with your money. Stand your ground on the 31st.

Theme of the week: Trust

☎ 0906 650 7234

VIRGO

24 August – 23 September

If someone has upset you, how do you feel about giving them a second chance? It's the perfect time to do this, and you might realise that you too need to ask a certain person for forgiveness. Reflect from the 30th on a conversation that's troubling you.

Theme of the week: Partnership

☎ 0906 650 7235

LIBRA

24 September – 23 October

The emotional links between you and someone else you see regularly are about to be put on hold. This hiatus won't last long, but it will give you insights into the role that you play in one another's lives. A loved one needs careful handling on the 31st.

Theme of the week: Joining forces

☎ 0906 650 7236

SCORPIO

24 October – 22 November

Loved ones seem slightly remote or preoccupied this week. Do your best not to take it personally, especially on the 28th when rejection has the potential to cut you to the quick. Try to rise above this by being busy with activities that always cheer you up.

Theme of the week: New routines

☎ 0906 650 7237

SAGITTARIUS

23 November – 21 December

Are you ready to follow your heart's desire? If so, the 29th is the perfect day to start because you're drawn to do things that will help you to express yourself in new ways. A wonderful celebration is just around the corner, as well.

Theme of the week: Looking back

☎ 0906 650 7238

CAPRICORN

22 December – 20 January

Domestic concerns are currently big news for you, and early this week you have to rethink a familiar arrangement or habit that means a lot to you. Perhaps it needs to be tweaked in some way? Try not to take a conversation too seriously on the 28th.

Theme of the week: Making memories

☎ 0906 650 7239

AQUARIUS

21 January – 19 February

Some of the people and things that you value need to be reconsidered from early in the week. Are you placing too much emphasis on them, or maybe you're worried about losing them? Don't let fear limit your options on the 28th.

Theme of the week: Deep feelings

☎ 0906 650 7240

PISCES

20 February – 20 March

If you aren't satisfied with a personal project that you began earlier this year, now's your chance to revisit and rework it. As a Pisces you need to gain meaning from life, and from the 29th you're keen to add to your store of inner values.

Theme of the week: Intensity

☎ 0906 650 7241

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm).

Boulogne bliss

Hop across the Channel for a long weekend in this picturesque French seaside town

Weekend break

Just a 30-minute drive from the port of Calais is the seaside town of Boulogne-sur-Mer – the perfect base for a weekend away. Start your journey by getting the ferry from Dover to Calais with Irish Ferries. It's so easy – at the other end, simply get in your car and drive off. The pretty town is a delightful spot for an escape. With picturesque cobbled streets, a bustling fisherman's market, Europe's largest aquarium and lots of places to eat and drink, there's plenty to see.

Views across the port

Portside retreat

Stay in the port of Boulogne-sur-Mer at the Evancy apartments. This family-friendly hotel offers self-catered accommodation right in the heart of the town. Our check-in was quick and we opened the door to an immaculate, airy space with two bedrooms, a bathroom and separate living area with a fully equipped kitchen. The apartment overlooked the busy port where we could watch the fishermen bringing in their catch. It was also a great location for exploring the area – just a quick five-minute walk to the main town. Although there is no on-site restaurant at Evancy, there are plenty of places to eat right on its doorstep.

French cuisine at its finest

Pristine sandy beaches

Historic charm

Boulogne-sur-Mer has lots of great markets to visit. The bustling fish market, in particular, is a sight to behold, with local fishermen loading up their fresh wares to sell. We also enjoyed looking around the Crypt which sits under the Basilica of Notre-Dame. The history of this site is incredible, and enjoyable for kids too with tasks including spotting certain relics and marking them on a map as they explore. If some fresh sea air takes your fancy, pay a visit to Boulogne-sur-Mer beach with its soft sand and shallow water, perfect for paddling.

Under the sea

You can't come to Boulogne-sur-Mer without visiting Nausicaa National Sea Centre – the largest aquarium in Europe. There are three main exhibits to explore, from a journey on the high seas, to mankind and shores (where you can see crocs and sea lions), to the final tour where you get to interact with the penguins and learn more about climate change. We finished our visit with a trip to the aquarium café and shop – which was full to the brim with every toy you could imagine.

The largest aquarium in Europe

Catch of the day

If there's one thing you can guarantee in France, it's good food, and we were not disappointed when we sat down for lunch at Restaurant de la Haute Ville. Nestled in the winding, cobbled lanes of the fortified town, la Haute Ville was fine dining in a relaxed setting. We began with a glass of cold rosé accompanied by a starter of fresh grilled prawns. For mains we enjoyed haddock baked in a chorizo crust and for dessert a deconstructed Eton mess. There were, of course, plenty of flaky croissants during our French break, too!

NEED TO KNOW

- A one-night stay at the Evancy in a studio apartment that sleeps three starts from £81 per night. Book at evancy.com
- Discount family tickets for Nausicaa can be booked directly through the hotel or online via nausicaa.fr, around £23 per person.
- Crossings from Dover to Calais start at just £89 return for a car and depart up to 20 times per day. To book, visit irishferries.com or call 03717 300 400.

By Jennifer Kyte. **Pictures** Shutterstock, Nausicaa, Sophie Brissaud

Vanessa: 'At this stage of my life, a new show is a blessing!'

The TV star chats to *Bella* about her new show and celeb crush

By Sarah O'Byrne, **Pictures** Channel, 5 Getty Images

Vanessa, weekdays from Monday 24 March on Channel 5

Vanessa Feltz is a very familiar face on our screens – and a well-known voice on our radios – what with her frequent guest spots on *This Morning*, and her talk show, *Vanessa*, back in the 1990s. Now, she's gearing up to host yet another daytime talk show, this time on Channel 5 but still, of course, called *Vanessa*. The 63-year-old mother-of-two – who's been single since splitting from fiancé Ben Ofoedu two years ago – sat down with *Bella* to discuss what we can expect from the new show and why she's reluctant to use dating apps.

Your new show, *Vanessa*, begins at the end of March, are you excited?

I'm very, very excited indeed. I'm also very grateful for a new programme at this stage of my life. No one can possibly rely on that happening, and it's a blessing. I had a brand-new show on New UK in 2022, just under two years before Rupert Murdoch pulled the plug on the whole channel. So, I had that very exciting prospect then and I've got this now, so I'm delighted. I'm very pleased. It's all very exciting.

Will it be very different to the ones you've fronted in the past?

Yes, it will be very different. This is going to be about relationships and dating and parenting and romance, basically anything I feel like talking about. It will be a lunchtime oasis away from the news. We won't have to discuss the news agenda, which will be lovely because I think the news agenda can be overwhelming these days, don't you? I'm hoping people will just take their shoes off, curl up in front of the telly and think, 'I wonder what Vanessa is going to be talking about today?' And if they're thinking, 'Why isn't she talking about the Maura Higgins/Danny Jones kiss?' then they can just ring me and say so.

So, the audience will be participating?

There's a lot of participation from the audience; the viewer is pivotal. If they want to ring and say, 'What I really want to know is, why aren't you discussing Melania Trump's hat at the presidential inauguration?' then we can talk about that. I'm not scared of not having a script or autocue, I don't need any of that stuff, I've been doing this a very long time. I can move with the wind, and my guests will be booked as human beings, rather than products.

You're known for some iconic looks; can we expect sparkles, elbow length gloves, the works?

I don't think sparkles because it's lunch time, it might be a little bit much. A little bit Danny La Rue. Although, I must admit I was wearing sparkly boots today, and that was at 12 o'clock in the morning, so I can't really say for sure. I might have to sparkle a bit.

Let's talk dating, are you on any apps?

I don't think I can use dating apps because I'll just end up in the paper the next day. And I've got grandchildren, and I've got some kind of dignity. I don't want something like, 'Oh my God, you'll never guess who just showed up in the garden of Wetherspoons? It was only that Vanessa Feltz off the telly!' So, I don't think I ever could or would. I have to rely on friends to fix me up. Some very kindly have tried, but, so far, nothing has stuck. We live in hope, what can I say?

What's your type on paper?

Jeff Goldblum is my type on paper!

Kate Garraway's Life Stories

Tuesday 1 April, ITV1

In what should be a riveting and revealing interview, TV host Kate Garraway talks to broadcaster Jeremy Kyle, whose controversial daytime show tackled raw, real-life issues. *The Jeremy Kyle Show* was cancelled in 2019, following Steve Dymond's death from an overdose and heart problems just seven days after appearing on the programme. Kate will be taking a candid look at the highs and lows of Kyle's career, which saw him dominate the talk-show genre, only to fall from grace and disappear from TV after the Dymond tragedy.

For The Love Of Dogs With Alison Hammond

Tuesday 1 April, ITV1

The thoroughly wholesome series about rescue dogs returns for a new run, with Alison Hammond once again presenting from London's Battersea Dogs and Cats Home. This time, Alison hopes to rehome a new bunch of furry friends in need of a little TLC, like the stray lurcher puppy Poppet, who the *This Morning* host met last time and helped nurse back to health after surgery. The new six-parter will follow Alison as she assists the staff and volunteers with the walking, feeding and training of a variety of animals that the Home caters for on their rescue journey.

BRADLEY & BARNEY WALSH: BREAKING DAD

Tuesday 1 April, ITV1

The endlessly entertaining father and son duo, Bradley and Barney Walsh, are embarking on their most adrenaline-fuelled road trip yet. This sixth series sees them head East to begin their travels in Japan's vibrant capital, Tokyo, before setting off south to the lively city of Osaka. They then move on to the beaches and bustle of Thailand, spending time in sprawling Bangkok, followed by a visit to the spectacular rural city of Chiang Mai. But, as ever, Bradley won't quite be getting the relaxing break he's hoping for because Barney has a packed itinerary full of terrifying challenges to push his dad to the limit. Great stuff.

NEW THIS WEEK

FILM

Novocaine

Nate has a unique condition: he's unable to feel physical pain, no matter how extreme. So, when the girl of his dreams is kidnapped by a group of thugs, he turns his rare ability into an unexpected advantage in the fight to rescue her. An action comedy starring Jack Quaid, the son of Dennis Quaid and Meg Ryan, as the lead.

PODCAST

THE QI FOOD PODCAST
LUNCHBOX ENVY

Lunchbox Envy

The makers of *QI* have launched another podcast, in addition to the popular *No Such Thing As A Fish*. Hosted by *QI* elves, foodies, chefs and writers, this new series is packed with surprising food facts and bizarre culinary traditions. It'll answer questions you never knew you had, including what happens when nuclear submarines run out of sausages? And where in the world can you find blue bananas?

The Last Days of Summer

BOOK

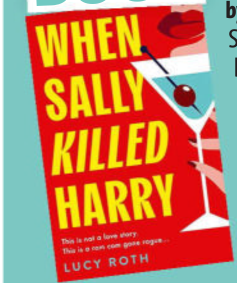
by Sarra Manning (Hodder &Stoughton)

After a disastrous first meeting, Cassie and Marc become arch nemeses. Too bad that Cassie's best friends, Lucy and Russell, think he's wonderful. But years later, when an unexpected tragedy strikes their friendship group, Cassie and Marc team up to give Lucy and Russell the best weekend ever – which also means convincing everyone that they are head over heels in love. Can they let go of their troubled past and face whatever the future is going to throw at them? Emotional, but also super spicy!

Sarra Manning
The Last Days of Summer
Two sworn enemies. One heartbreaking secret. A weekend that changes everything . . .

BOOK

When Sally Killed Harry



by Lucy Roth (Avon)

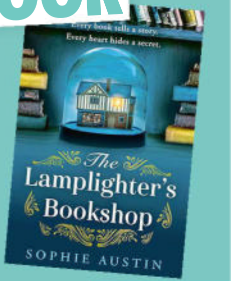
Sally has woken up with a hangover and an empty bank account. She's been swindled, and the culprit is a dreamboat named Harry. When she discovers she's not the only victim, she decides it's only right to take revenge. With a group of wronged women behind her, murder isn't on the agenda just yet because Harry is in for a nightmare, and Sally is only getting started. Witty and sharp.

The Lamplighter's Bookshop

BOOK

by Sophie Austin (Harper Collins)

When Evelyn answers an advertisement for an assistant at a forgotten bookshop in York, she's not the only one with something to hide. There, she meets the enigmatic William, who is keeping secrets of his own. But, as the layers are brushed away, can Evelyn and William find the courage to write the next chapter of their story? We got completely lost in this beautifully written book.


Every book tells a story. Every heart hides a secret.
The Lamplighter's Bookshop
SOPHIE AUSTIN

In the Essex countryside

‘My p
is a sh

Ever since they met in Australia in 2010, Joe Swash and Stacey Solomon have become one of the nation’s most-loved couples. We’ve followed their journey from falling in love after Stacey won *I’m A Celebrity!*, through to the birth of their children – Rex, now five, Rose, three, and Belle, two – who joined their blended family including Zachary, 16, Leighton, 12, and Harry, 17, from previous relationships. Most recently, Stacey’s social media following has soared, with fans following her tidying tips (that won her an NTA for *Sort Your Life Out*), along with her wedding to Joe and their renovation of Pickle Cottage, in Essex. We might think we know everything about Joe and Stace, but we’re about to find out a whole lot more, as they let the cameras into their lives for their first reality series…

Why did you decide that now was the time to let the cameras in?

Stacey: We’ve been asked for a long time to make this series and we’ve always said no. But when we got asked this time, the older boys especially were like, ‘Oh my god, let’s do it, it will be so funny. They were so excited about it, and that’s what made us consider it in the first place. There is a lot of stuff that goes out there about us anyway, and we’ve never had a direct right to reply. It happens anyway without us letting the cameras in or not. People are going to speculate and say what they’re going to say, they make things up. For us, this is like a lovely memory and home movie. We’re not very dramatic. We’re not looking to cause a load of drama. If people want to know and want to see, let’s just let them see! Everyone thinks they know everything anyway!

Joe: We see this as such a lovely family album to have in the years to come and when the kids are getting married. We’re going to have so much beautiful footage to show our family about what they were like. Anyone in the family who didn’t want to be in it, didn’t have to be. There was no pressure. The fact that they

elvic floor ambles!’

Stacey & Joe

Stacey and Joe have their hands and hearts full

Stacey Solomon and Joe Swash open the doors to cameras at Pickle Cottage in their first reality series

all wanted to be part of it was a surprise to us.

How chaotic is life at home?

Joe: Because the cameras were there, I was aware that other people were seeing the chaos. It’s worse than chaos, it’s pure madness in the house. I’ve got friends that come over and when they go home they feel like they have tinnitus because everything is going off at once in our house. But we love it like that. Our house is full of love, full of life, full of energy.

Stacey: It is chaos and absolute madness a lot of the time. My family are super supportive and really helpful, and we could not do our jobs and our lives without them, but we do take on the load between us. It’s just me and Joe with the day to day mundane things. What you see is what you get. We’re always a full house so there’s seven or eight of us indoors. We didn’t even notice a couple of extra bodies in the form of camera crew and we’re never just us either. I think probably the hardest thing was remembering that it’s all being recorded. They see everything and that was the hardest thing to get used to!

Was it important to show the nappies and rows as well as the good bits?

Joe: I feel like it’s our responsibility if we’re going to open up the doors to people to see our life. So many people represent their lives as being so perfect on Instagram and it was our responsibility to show the real us – the highs and the lows. It’s not all a bed of roses. Sometimes we argue, and that’s got to be shown as well.

Stacey: Nothing makes me feel better than when I go out with the girls and I moan about certain things. They all have similar discrepancies. I feel better knowing I’m not on my own. So although sometimes there are things in the series where it does feel really deep, on the other hand, it’s better to let that out there in the hope someone watching will realise they aren’t alone, it’s not just them.

Joe: This is our true reality. We don’t want to make you happy. This is what we want people to see, our lives with the highest highs, the lowest of the lows, the ins and outs, the nappies and everything!

NTA
UNIVERSAL

Glammed up at the NTAs on date night

Would you consider having more children in the future?

Joe: I think me and Stacey are so blessed that we’ve even been able to have kids and a family. But yeah, I’d love it!

Stacey: Joe would like me to be a baby machine! My pelvic floor is a shambles. I can’t do it again. I would love to, maybe when they’re all a bit older and they’re all independent, if we would be lucky enough and privileged enough to be able to. That’s when I would consider it, but right now, I’m finally feeling like I’m recovering from three consecutive births and it’s a lot!

● *Stacey & Joe, Tuesday 1 April, BBC One*

By Cecile Metcalf, **Pictures** BBC

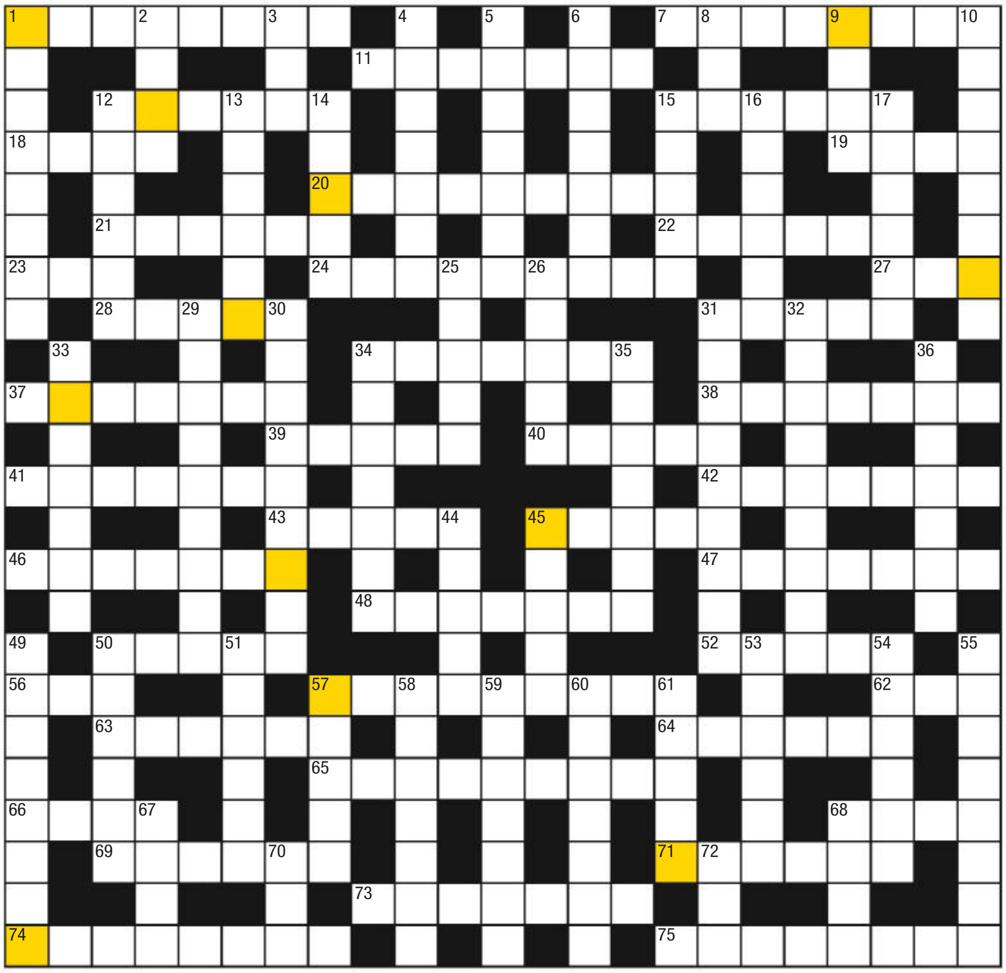
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

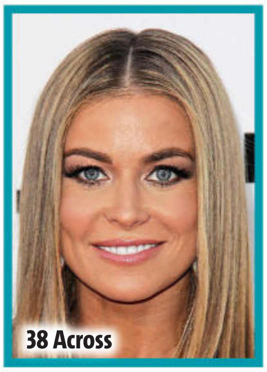
WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a British entertainer. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Stage scenery cloth, anagram of DRAB POCK (8)
7 Type of brown sugar (8)
11 - - - Finden, *Bake Off: The Professionals* judge (7)
12 Handbook (6)
15 Doghouse (6)
18 Surname of film-makers Joel and Ethan whose body of work includes *Fargo* and *No Country For Old Men* (4)
19 Johnny Cash song, *Ring Of - - -* (4)



38 Across

20 Spiritual leader of Tibet (5,4)
21 Adage (6)
22 Mountain peak (6)
23 Organ of sight (3)
24 Alpine flower, or a song featured in *The Sound Of Music* (9)
27 Snakelike fish (3)
28 Republic in southern Arabia (5)
31 Panache, style (5)
34 Sightseeing traveller (7)
37 Acrobatic athlete such as Simone Biles (7)
38 Carmen - - -, US star of *Baywatch* and *Good Burger 2*, pictured below left (7)
39 - - - Shearsmith, *Inside No 9* creator and actor (5)
40 Month of showers? (5)
41 Reality TV series, *- - - Hunters* (7)
42 Explanatory drawing (7)
43 Serious play (5)
45 Where you wear a watch! (5)
46 Lagos's country (7)
47 Alias of Batman villain Edward Nygma (7)
48 Mass of pebbles on the beach (7)
50 *Space Oddity* singer, David - - - (5)
52 Danger (5)
56 Self-image (3)
57 Black confectionery made from a root (9)
62 Frozen water (3)
63 Red salad fruit (6)
64 Decorative bunch of dangling threads (6)
65 Common garden bird (9)
66 Hammer or chisel, eg (4)
68 Early Madonna track, *Lucky - - -* (4)
69 Aerated dessert (6)
71 Angelic being (6)
73 *Star Wars* prequel, *- - - Of The Sith* (7)
74 Shrub also called may, anagram of THROWN HA (8)
75 Childish – delinquent? (8)

Down

1 Jewellery item (8)
2 Guz - - -, comedian and actor (4)
3 Pop star, Rita - - - (3)
4 Radio code for the letter C (7)
5 Advance showing of a movie (7)
6 Destructive wave (7)
8 First woman? (3)
9 Coral structure (4)
10 Terrier originating in Yorkshire (8)
12 River of Liverpool (6)
13 Referee (6)
14 Beaver's home (5)
15 Musician and broadcaster, Myleene - - - (5)
16 TV series with Paul Mescal, *- - - People* (6)
17 Scattered rubbish (6)
25 Parasitic insect (5)
26 Heather genus (5)
29 *Rosemary's Baby* actress (3,6)
30 Gothic cathedral in Paris (5,4)
31 School group excursion (5,4)
32 - - - Armstrong, *Pointless* host (9)
33 - - - Erivo, Elphaba in the film *Wicked*, pictured right (7)
34 Classic race for fillies held at Epsom (3,4)
35 White ant (7)
36 Widen – your horizons? (7)
44 Farewell (5)
45 Bet (5)
49 The - - -, war memorial in Whitehall (8)
50 *Twelfth Night* ass! (6)
51 Character of Greek myth who flew too near the sun (6)
53 Christian festival in spring (6)
54 Ex-wife of Frasier Crane played by Bebe Neuwirth (6)
55 Drink (8)
57 Tom Hardy film written by Steven Knight (5)
58 Group of four (7)
59 Richard Gere film, *An - - - And A Gentleman* (7)
60 Spell of batting in cricket (7)
61 Fundamental spirit of a culture (5)
67 Booty, swag (4)
68 Revolve, rotate (4)
70 Knight's title (3)
72 Flightless bird (3)

33 Down

Crossword Neil Locker. **Pictures** Shutterstock

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

	1	4	2			5	8	
		6		1				7
	3				9	6		
	5			4				
			7		6			
				3			6	
		2	9				7	
3				8		2		
	6	7			1	8	9	

HARD

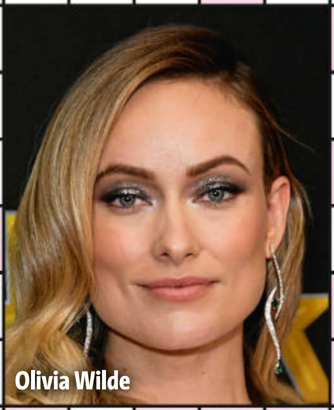
1					9			
5	2				6			
			8			9		3
	5	1		9				8
				5				
6				8		1	4	
9		3			1			
			7				2	9
			9					7

Take A Break Su-doku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, the country where actress and director Olivia Wilde spent many of her childhood summers. This is your competition entry answer. See the 'How to enter' panel below.

Sporty Spice (3,1)	▼	Medium's meeting	Grow weary	▼	*Emmerdale*, eg (4,5)	Celia ---, actress	▼	Roman ruler	▼	Humorous TV show	French castle	Salma ---, film star	▼	Olive ---, Popeye's gal
Baltic republic	▶	▼	▼			▼		In need of a good scratch!	▶ ▨		▼	▼		--- *You*, Yazoo hit
Carrie Fisher's princess?	▶				Beef, eg	▶				Saintly ring of light	▶			▼
▶			▨					Potter's medium	▶				Gaelic name for Scotland	
Runs away	Keanu Reeves in *The Matrix*	▶			Character in *Othello*	▶				Shade of blue, or a duck	▶		▼	
Grossly overweight	Explode (4,2)		Jetty	▶				Submissively	▶		▨			
▶	▼				 Olivia Wilde					UAE city		Boyfriend		Mosque leader
Eucalyptus-eating marsupial		TV antenna	For fear that							▶		▼		▼
▶		▼	▼ ▨							Jewelled headdress	Ice house		Sloping platform	
Small?	▶			Football club, --- Villa						▶	▼		▼	
Great Bear, --- Major	▶			▼						Pacific island	▶		▨	
▶										Diving apparatus		Gesture with your finger		Give forth
Begins to rain	Wartime friend		Tardy		Open	▼	Computer operators	Longbow trees?	Sentimental	▼		▼		▼
▶	▼		▼		▼			▼	Dove's sound	▶			Snake in *The Jungle Book*	
Cruelty		Mother of Elizabeth I, --- Boleyn	▶		▨		French word for 'Water'	▶			Eisenhower's nickname	▶	▼	
▶				Sketch	▶				Trite	▶				
Gunpowder plan?		Greek god of love	▶				*Under The ---*, Disney song	▶			Tiny amount	▶		▨

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 10
PRIZE ANSWERS
Crossword
Jack Lowden
Arrowword
Louise

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 7 April 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 12. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL12 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115. This will be charged** at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on **7 April 2025**.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:
Bellamagazine.co.uk

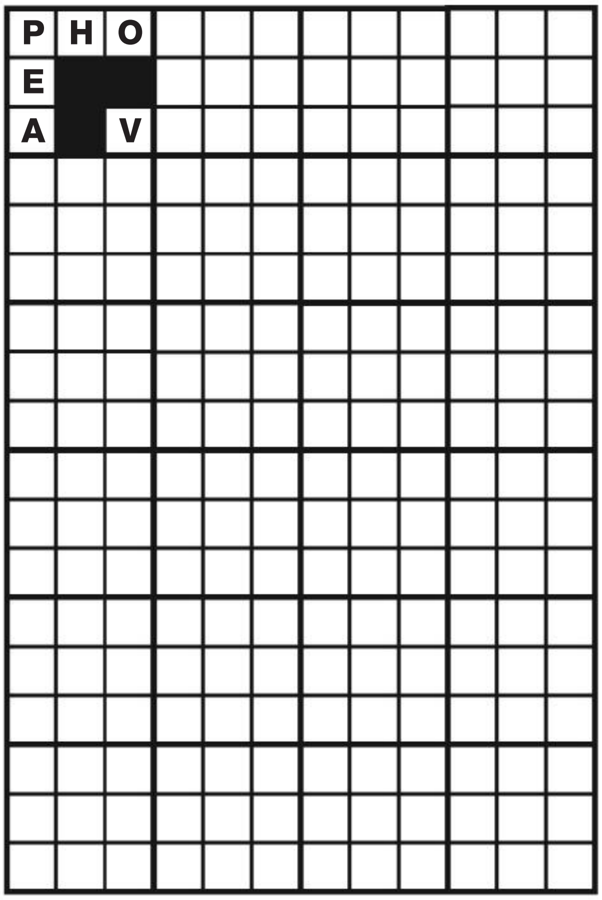
For full solutions and winners' details, visit bellamagazine.co.uk

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.



N	■	O
T	■	L
R	D	I

E	■	O
■	■	I
V	E	N

O	S	E
U	■	R
S	E	L

■	■	E
A	I	N
R	■	D

O	W	N
■	■	A
N	■	P

R	■	P
A	Y	■
T	■	S

U	R	C
■	■	R
U	N	E

B	■	R
I	■	■
T	A	C

A	P	T
G	■	R
E	■	O

E	S	O
E	■	R
K	Y	■

B	I	A
I	■	■
A	C	A

■	C	L
S	■	O
T	I	O

M	E	N
■	A	G
E	R	■

E	R	■
■	I	■
U	S	T

I	N	K
C	■	I
H	I	N

Y	A	W
■	C	■
■	H	A

Y	■	C
■	K	I
W	■	T

■	C	H
G	E	■
E	L	S

S	H	■
■	A	W
W	N	■

C	R	A
E	■	P
F	R	O

U	■	U
L	A	R
L	■	■

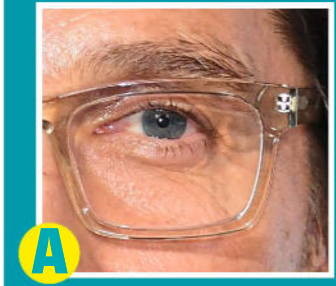
■	L	O
W	I	■
■	E	A

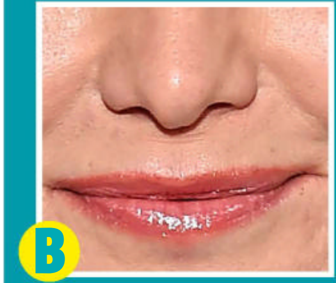
~~P~~	~~H~~	~~O~~
~~E~~	■	■
~~A~~	■	~~V~~

R	E	L
A	■	T
B	R	E

GUESS THE CELEB

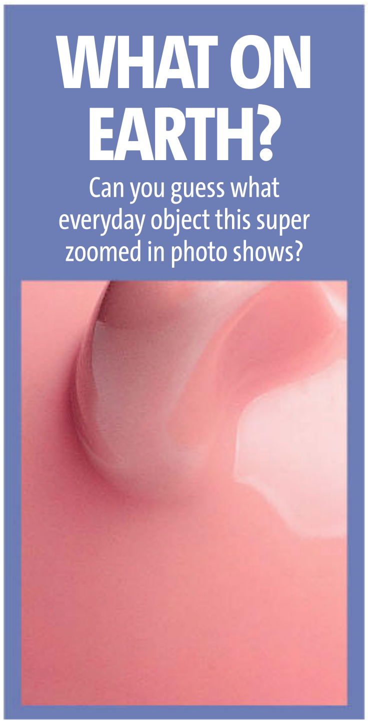
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

Can you guess what everyday object this super zoomed in photo shows?



ued...

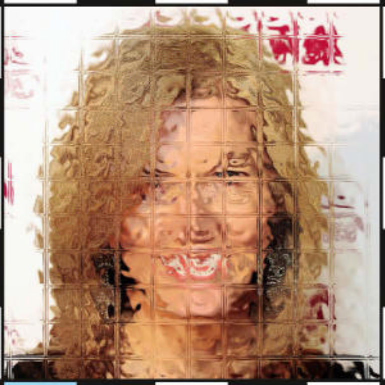
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.

46
HALVE IT
-15
x9
÷8
DOUBLE IT
+11
-7
x8
÷11

CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.



■	19	■	20	■	14	18	20	■	14	■	1	■	15	■
25	6	5	6	6	11	■	11	18	8	2	18	12	18	21
■	22	■	23	■	18	■	18	■	18	■	7	■	26	■
1 J	2 I	3 G	■	6	15	13	6	19	18	21	■	25	9	23
■	17	■	17	■	13	■	22	■	7	■	2	■	2	■
6	3	11	18	18						2	17	6	17	18
15	■	■	11	■						■	13	■	■	16
24	11	4	12	18						8	18	6	24	7
2	■	■	4	■						■	11	■	■	4
10	8	4	9	21						14	2	17	6	8
■	2	■	15	■	3	■	24	■	11	■	7	■	12	■
18	12	18	■	19	6	11	2	17	18	11	■	12	18	16
■	18	■	25	■	5	■	15	■	6	■	20	■	17	■
6	11	3	9	19	18	17	7	■	10	8	2	26	9	18
■	23	■	7	■	21	■	18	6	7	■	7	■	18	■

A B C D E F ~~G~~ H ~~I~~ ~~J~~
K L M N O P Q R S
T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
J	I	G										
14	15	16	17	18	19	20	21	22	23	24	25	26

7	4	4	22	■	6	■	13	4	8	2	21	6	23	■	1	4	25	■	2	17
				■		■								■				■		

13	6	11	11	4	21	15	■	10	6	22	18	■	21	18	24	6	11	7	19	18	17	7
							■					■										

Pictures Shutterstock

Continued over the page...

Puzzles contin

IF A JOB'S WORTH DOING...

... it's worth looking for in this grid. See if you can find them all!

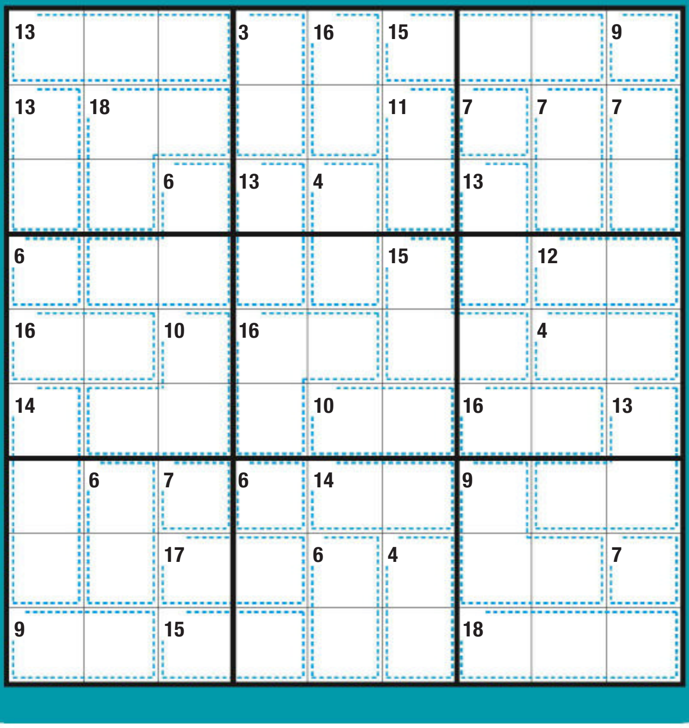
F	I	S	H	M	O	N	G	E	R	F	T	K	D	T	S	D	I	N
M	P	R	U	U	O	X	Q	A	R	W	R	R	J	H	A	T	E	Y
T	G	V	E	R	B	S	R	E	H	P	A	R	G	O	I	D	A	R
N	N	R	T	A	V	T	N	A	H	U	F	T	L	C	A	R	D	C
E	L	E	E	V	S	E	N	S	G	T	F	O	N	C	O	I	H	R
G	G	U	G	I	P	D	Y	Y	O	N	I	T	L	A	A	I	H	O
A	T	O	G	A	Y	R	T	O	S	Z	C	M	D	A	R	D	X	T
L	M	E	R	M	E	I	O	T	R	E	W	H	S	O	E	I	E	A
E	R	I	A	M	R	T	B	D	T	S	A	R	P	K	Q	A	A	R
V	U	N	R	U	N	R	A	I	U	U	R	O	E	K	C	L	C	U
A	I	A	C	F	R	E	H	T	L	C	D	U	M	H	N	A	M	C
R	F	E	H	K	Y	C	W	I	S	I	E	A	E	P	C	O	L	N
T	S	T	A	C	R	O	E	S	S	E	N	R	C	S	N	T	O	B
O	N	I	E	A	S	R	O	T	A	M	I	T	S	E	S	E	U	A
L	R	P	O	J	T	G	I	M	E	G	D	R	Y	D	G	A	G	B
U	C	R	L	E	V	N	O	E	A	I	E	L	I	R	E	U	M	T
E	D	L	O	L	R	E	A	S	O	H	E	N	U	N	O	D	E	H
X	S	N	G	P	B	E	I	E	S	N	N	S	T	K	L	I	L	I
A	A	A	I	E	T	R	E	I	D	E	E	M	U	R	O	T	C	A
Q	P	Z	S	E	S	G	L	E	R	E	N	G	O	D	G	O	A	C
T	S	E	T	T	N	B	R	L	R	E	Y	A	T	I	I	R	F	W
S	E	R	H	S	U	O	A	T	N	R	V	E	P	T	S	I	R	E
U	A	I	S	P	X	D	C	R	O	U	P	I	E	R	T	L	I	E
D	D	Z	G	U	Y	P	I	R	E	V	I	R	D	K	C	U	R	T

ACTOR
ARCHAEOLOGIST
ARCHITECT
AUDITOR
BLACKSMITH
BUTCHER
CHIROPODIST
CROUPIER
CURATOR
DINNER LADY
DIVER
ESTATE AGENT
ESTIMATOR
FARMER
FISHMONGER
GEOLOGIST
GREENGROCER
HANDYMAN
MASSEUR
MONEYLENDER
NEWSAGENT
PUBLISHER
RADIOGRAPHER
REGISTRAR
ROAD HAULIER
SECURITY GUARD
STEEPLEJACK
SURVEYOR
TEACHER
TRAFFIC WARDEN
TRAVEL AGENT
TREE SURGEON
TRUCK DRIVER
TV PRODUCER

ued...

KILLER SUDOKU

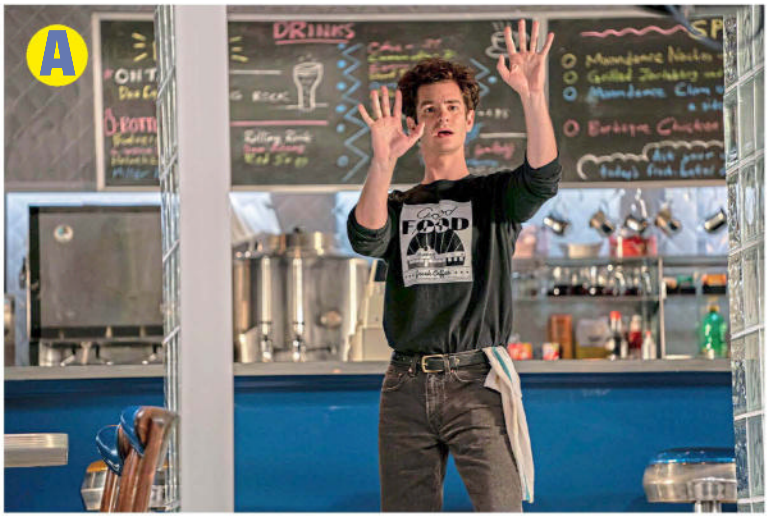
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

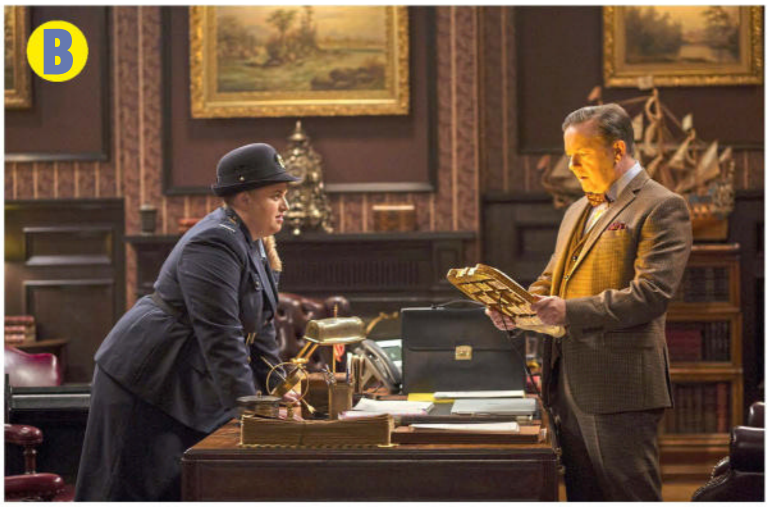


13			3	16	15			9
13	18				11	7	7	7
		6	13	4		13		
6					15		12	
16		10	16				4	
14				10		16		13
	6	7	6	14		9		
		17		6	4			7
9		15				18		

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?





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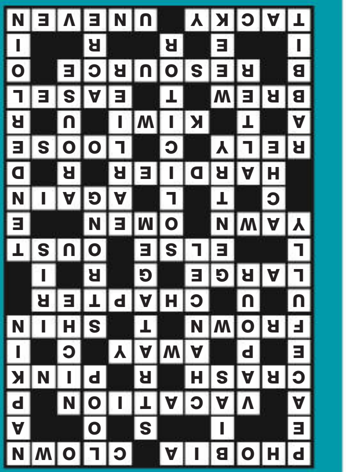
THIS WEEK'S SOLUTIONS

BITS & PIECES



GUESS THE CELEB

A Matthew McConaughey
B Kate Hudson

WHAT ON EARTH?

Piggy Bank

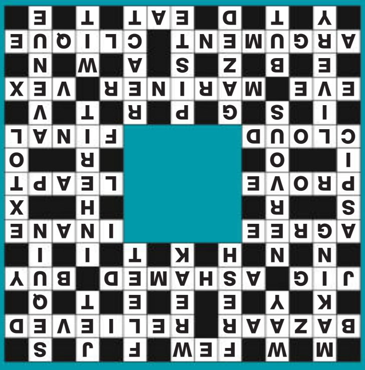
ROUND SUM

16

CODEBREAKER

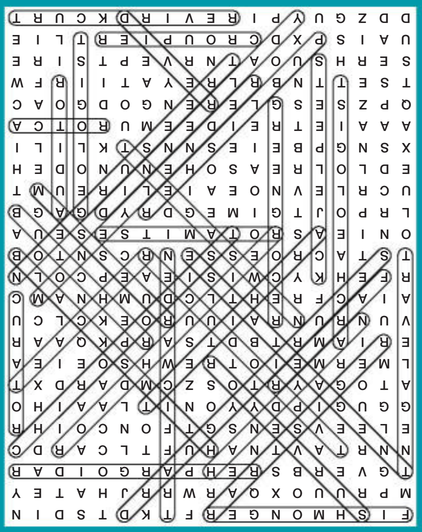
1	2	3	4	5	6	7	8	9	10	11	12	13
J	I	G	O	Z	A	T	L	U	C	R	V	H

14	15	16	17	18	19	20	21	22	23	24	25	26
F	S	X	N	E	M	W	D	K	Y	P	B	Q



Celebrity Mary Nightingale **Fact** Took a holiday job in Harrods cake department.

WORDSEARCH



KILLER SUDOKU

2	5	6	1	7	8	3	4	9
4	8	3	2	9	6	7	5	1
9	7	1	4	3	5	8	2	6
6	3	2	9	1	7	5	8	4
7	9	4	5	8	2	6	1	3
8	1	5	3	6	4	9	7	2
1	4	7	6	5	9	2	3	8
5	2	9	8	4	3	1	6	7
3	6	8	7	2	1	4	9	5

GUESS THE MOVIE

A Tick, Tick... Boom!
B Night at the Museum: Secret of the Tomb

*NB for Prize Puzzles information, see page 53

THE NEPO-MODELS

These celeb offspring have been taking to the catwalk

PARIS JACKSON
Although she's followed in the footsteps of her King of Pop father Michael Jackson by releasing music, Paris, 26, has also modelled for brands including Vivienne Tam and Philipp Plein.

ROMEO BECKHAM
The middle son of Victoria and David Beckham, former footballer Romeo, 22, has recently rekindled his modelling career. He's worked for brands including Burberry and Versace.

LILY-ROSE DEPP
Alongside being a movie star, 25-year-old Lily-Rose – daughter of actor Johnny Depp and model Vanessa Paradis – began modelling for Chanel at the age of 16.

DANIEL JULEZ J. SMITH JR.
Daniel, 20 – who goes by the name Julez – is taking the modelling world by storm. Auntie Beyoncé and mum Solange Knowles (pictured) sat front row at last year's Luar show.

LILA MOSS
It's no surprise that Lila is a natural on the runway. After all, her mum is supermodel Kate Moss! The starlet, 22, has already modelled for the likes of Victoria's Secret and Stella McCartney.

HENRY SAMUEL
The 19-year-old son of model icon Heidi Klum and singer Seal, graced the runway at this month's Paris Fashion week, walking for Lena Erziak.

LEXI HUGHES
Lexi, 19, has certainly learnt a thing or two about posing from her mum, Amanda Holden. The teen made her catwalk debut at London Fashion Week 2024, modelling for Tran Hung.

By Lottie Roberts
Pictures Getty, Instagram

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Console me when I'm filled with sorrow,
Be by my side when I need you most

Protection
&
Love

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